SHOPPERS DRUG MART
SEE WHAT'S NEW... CHECK OUT OUR LATEST OFFER ON PAGE 31

A fringe with benefits

Get more bang out of the season's hottest hairstyle with our expert tips PAGE 32

NEW PHOBIA GRIPS CANADA

WE'VE GOT ALL THE SHOCKING DETAILS YOU NEED TO KNOW INSIDE.

VANCOUVER metro®

Thursday, April 19, 2012

News worth sharing.

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Emery's old prosecutor joins pot fight

U.S. attorney urges marijuana legalization to combat violent drug cartels PAGE 3

Free me or kill me: Breivik

Fanatic denounces prospect of 21-year jail term for Norway slayings PAGE 13

What's for dessert?

Add cream-cheese and maple-syrup frosting to these carrot cakelets for extra sweetness PAGE 39

STAYIN' ALIVE

The Canucks' Henrik Sedin celebrates his goal during the third period of Game 4 against the Kings Wednesday night in Los Angeles. The Canucks won 3-1 to avoid being swept from the playoffs. Story, page 42. MARK J. TERRILL/THE ASSOCIATED PRESS

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Provincial ridings

It's a tight race for B.C. Liberals in byelections

The B.C. Liberals will fight to hold on to two historically safe ridings Thursday, as two byelections threaten to change the balance of power in the provincial government.

The races will pit the embattled Christy Clark administration against the newly re-formed B.C. Conservative Party and the surging NDP, as well as B.C.'s historical tendency to vote against sitting governments in byelections.

Polls open at 8 a.m. in both ridings, and preliminary results will be posted online soon after the polls close at 8 p.m.

Former Port Moody mayor Joe Trasolini is a favourite to win the Port Moody-Coquitlam race for the NDP, against Conservative entrepreneur Christine Clarke and Liberal bank manager Dennis Marsden.

In Chilliwack-Hope, a tighter race is expected, primarily between longtime Liberal Laurie Throness and Conservative newspaper columnist John Martin, with the NDP's Gwen O'Mahoney, a community worker, also in contention.

Premier Christy Clark has been careful not to build expectations.

"Governments don't tend to win these byelections," she told reporters Wednesday in Victoria. "As you know, we haven't won one in 30 years, except for the one that I won."

The Chilliwack-Hope race will be a key test for the nascent B.C. Conservatives, and is being looked to as an indicator of how much clout they've really built with voters.

GRAHAM TEMPLETON/WITH FILES FROM THE CANADIAN PRESS

Former U.S. attorney John McKay and marijuana activist Jodie Emery appear at the Century Plaza Hotel Wednesday to call for the regulation and taxation of marijuana in Canada and the U.S. KATE WEBB/METRO

'Prince of Pot' prosecutor joins push for regulation

Impact. The former U.S. prosecutor claims as much as 60 per cent of funding for Mexican mobsters comes from the demand for marijuana in the U.S.

KATE WEBB
kate.webb@metronews.ca

The former U.S. prosecutor who put Vancouver's "Prince of Pot" Marc Emery behind bars appeared alongside Emery's wife Jodie Emery on Wednesday to call for the regulation and taxation of marijuana.

Appearing on behalf of the coalition Stop the Violence BC, John McKay, an expert on cross-border gangs and the drug trade, said marijuana prohibition puts billions of dollars into the hands of "violent, despicable" Mexican drug cartels.

"Mexican drug cartels, dangerous gangs operating both in the United States and Canada, are all profiting from the black market that's created by our failed policy," said McKay during a 20-minute speech at the Century Plaza Hotel.

"What do we do about the violence that's being spawned here? The pits with headless bodies that are thrown in? It's because they are servicing the demand for drugs, beginning with marijuana, moving all the way through to cocaine, methamphetamine and heroine, driven — principally, I believe — by the huge dollars that are tied to marijuana. Not to the cocaine, to the meth and the heroine but to the marijuana."

McKay said as much as 60 per cent of Mexican mobsters' funding comes from the persistent U.S. demand for pot, and that law enforcement is acutely aware that only a tiny percentage is ever confiscated.

Activist Jodie Emery appeared briefly to say that she harbours no hard feelings toward her husband's former prosecutor, and that he was "just doing his job."

McKay explained he believes Marc Emery "chose the wrong path" by exporting marijuana seeds to the U.S. illegally, but that he shares a lot of beliefs with the Emerys and wishes Marc had chosen advocacy instead of bootlegging.

Jodie Emery, by contrast, characterized her husband's seed business as a necessary act of civil disobedience, but under the glare of the cameras she and McKay seemed chummy despite their adversarial history.

"I think it's always a great moment when we have more people joining the call to end prohibition in order to save lives, save money and get rid of the criminal control of this industry," Jodie said.

Former B.C. attorney general Geoff Plant and Dr. Evan Wood, lead researcher with the BC Centre for Excellence in HIV/AIDS, also appeared to argue marijuana use should be treated as a public-health issue rather than a criminal one.

Stop the Violence BC pointed out McKay joins a growing chorus of law-enforcement and health officials who have spoken out in favour of taxation and regulation of marijuana to improve public safety, including the Health Officers Council of B.C., and eight former Vancouver mayors and provincial attorneys general.

1

NEWS

On the web

See plasma erupt from the sun

NASA released photos and video footage of a glowing red loop of plasma erupting from the sun's surface on Monday. Watch at metronews.ca

Mystery behind Viking hats

Ever wonder who came up with the genius idea that Vikings should wear hats with horns? Turns out, probably no one (well, maybe poets and artists). Watch as this and other historical misconceptions are set straight at metronews.ca.

Mobile news

A 'monster' international drug bust nabbed more than 43 tonnes of hash, says the RCMP. The estimated $860 million worth of hash destined for Halifax and Montreal was found in several countries, including Pakistan, Belgium, Italy and Canada. Scan the code for the story.

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Scientists identify 10 new breast-cancer subtypes

Health. Breakthrough could help doctors personalize breast-cancer care

PHYLICIA TORREVILLAS
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A group of scientists at the B.C. Cancer Agency and the University of B.C. has identified new breast-cancer genes that could help lead to the development of new drugs to treat the devastating disease.

Researchers re-classified breast cancer into 10 subtypes grouped by common genetic features. Some of the new genes discovered had never before been linked to breast cancer, which could lead to more treatment options for patients.

Many of the genes could help doctors better diagnose the disease, predict whether or not a tumour will respond to a particular treatment, or if it is likely to return after treatment.

"In the war on cancer, one has to know the enemy," said study co-lead author Dr. Sam Aparicio of the B.C. Cancer Agency. "This latest set of discoveries ... is a really important step in knowing the enemy."

The study, published online Wednesday in the international journal Nature, is the largest global study of breast-cancer tissue ever performed. Institutes in B.C., Manitoba and the U.K. carried out the research.

Scientists examined 2,000 tumour samples from women diagnosed with breast cancer between five and 10 years ago and searched for genetic faults or mutations that drive breast tumour development. New drugs and therapies could be developed to block these "driver mutations."

This research is unlikely to affect women who currently have , but the new information could form the basis of next-generation treatments.

Hope

"My hope is that ... my daughter and the little toddler girls who are in the same daycare with my grandson won't have to spend their whole lives living in fear of this devastating disease."

Dodie Katzenstein, a breast-cancer survivor
She hopes research will eventually lead to a cure for breast cancer.

Dodie Katzenstein, a breast cancer survivor, at a press conference Tuesday. Katzenstein says she is living proof that cancer research matters. PHYLICIA TORREVILLAS/METRO

Survivor's story

Dodie Katzenstein, a breast-cancer survivor, says she is living proof that research matters.

- **When she was diagnosed with metastatic breast cancer in 2001, she was given a year to live.**
- **She told her doctor that all she wants is to see her kids finish school. And she did. She watched her children graduate and get their degrees and she now has a 19-month old grandson.**
- **"My hope is that the amazing work that's being done here, in England and other centres will eventually figure out how to prevent breast cancer in the first place," she said.**

Motorcycle speeding 'reckless beyond imagination'

A screengrab of a motorcycle passing vehicles at almost 300 kilometres an hour.
SCREENGRAB/YOUTUBE

Police on Vancouver Island say they're close to catching up with a motorcyclist seen on a YouTube video blazing down a busy highway at nearly 300 kilometres an hour.

The adrenaline-inducing video has been watched more than 100,000 times since it was uploaded earlier this month, and police in Saanich, near Victoria, say they've determined it was shot on a local highway.

The video shows the perspective of the unidentified driver, who zooms between cars and trucks, sometimes coming within a metre of other vehicles, as the speedometer needle climbs.

"I get a fe eling of vertigo when I've watched it," Sgt. Dean Jantzen said in an interview.

"I cannot find strong enough words to describe how unacceptable this is. It is reckless beyond the imagination. I travel that stretch of roadway with my family on a regular basis, and let me tell you, it's scary."

The video was posted to an anonymous YouTube account on April 8. Police believe it was shot a day or two earlier.

Jantzen said a traffic investigator has been working to track down the person who shot the video.

The officer has an IP address and is considering obtaining a production order to compel the user's Internet service provider to divulge the identity the original poster.

THE CANADIAN PRESS

Criminal charges

The officer has determined the IP address of whoever uploaded the video, said Jantzen.

- **The investigator already has several names of possible suspects, he added.**
- **The driver could face a range of potential penalties, including a criminal charge of dangerous driving.**

Deadly

1 person killed in Richmond shooting

A deadly shooting in Richmond took place in a residential area at about 1 p.m. Wednesday. Police tape has gone up at a group of townhouses and a park (at Ferndale and Katsura roads). The victim is believed to be a man. THE CANADIAN PRESS

Hardline stance

No tax hike to pay for teachers: Clark

Premier Christy Clark has reiterated her government's hard line on the teachers dispute in a quarterly report to the province posted on YouTube. In the video, Clark says she won't raise taxes to pay for teacher pay hikes, and while she calls the dispute frustrating, she says she wants to solve it reasonably.

She says that's why the Liberals brought in legislation imposing a cooling-off period and why the government is insisting teachers write report cards.

The B.C. Teachers Federation has gone to the Labour Relations Board to argue teachers should not be forced to produce report cards that have been missed during the dispute. THE CANADIAN PRESS

Prince George

Brothers surrender in kidnapping probe

Two Prince George-area brothers have surrendered to Mounties in that city as an investigation of a kidnapping continues.

RCMP say Francois and Dillan Meerholz walked into the Prince George detachment just before midnight Tuesday night and were expected to appear in court in that city later Wednesday.

Two other men were arrested earlier — just days after a seriously injured man was found near Prince George.

Police believe the victim had been held for several days in a home where a marijuana grow-op and some stolen property were also found. THE CANADIAN PRESS

De-tailed

Third P.G. horse has tail hair cut

A third horse stabled at the Prince George Agriplex has had all its tail hair cut off. The incident happened over the weekend, prompting horse-owner Lea-Ann Oosterhoff to move them to an undisclosed location.

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Report warns of economic, social impact of pine-beetle epidemic

Report: Mountain pine beetle to have drastic effects on forest-dependent communities

The pine-beetle epidemic has chewed the guts out of British Columbia's forest industry and up to 12,000 jobs are in danger of disappearing within five years, says Independent MLA Bob Simpson, citing a confidential government report.

"If they don't do anything, the government documents show it's 12,000 jobs," said Simpson. "If they relax a whole bunch of land-use plans, it's still 8,800 jobs that they lose."

A draft of the government's mid-term timber supply project warns of economic and social havoc on communities in B.C.'s Interior. The Feb. 12 report discusses a mitigation strategy that includes the province considering harvesting smaller trees and logging areas currently managed for their biodiversity, wildlife and scenic values. And to avoid a conflict with next year's provincial election, the provincial government should develop a plan to deal with the problem by Dec. 13, 2012, the report said.

"The current mountain pine beetle epidemic in the Interior of British Columbia will result in a drastic decrease in timber supply in some areas, with potential for significant economic and social effects to the forest industry and forest-dependent communities."

The report stamped "confidential draft" appeared on the government's website until Tuesday afternoon, but was removed after the issue was raised by Simpson in the legislature.

The report, which focuses on the Lakes, Prince George, Quesnel and Williams Lake timber-supply areas, was written after the Union of British Columbia Municipalities passed a 2010 resolution calling on the provincial government to take action.

In the short term, from 2012 to 2020, the four areas are expected to have "sufficient quantities of timber" to maintain pre-beetle harvest levels, the report said. Simpson said during question period in the legislature his hometown of Quesnel is down to about its last 18 months of timber supply and 1,600 jobs are in danger unless mitigation measures are taken.

"But those mitigation measures are highly controversial and will completely change the face of forestry in this province."

Simpson questioned whether the provincial government is prepared to consult the public on its mitigation efforts.

THE CANADIAN PRESS

Vancouver joins final countdown for London Olympics

British Consul General Alex Budden and Canadian Olympic gold medalist Ashleigh McIvor race with 100 students at St. George's School in Vancouver to mark 100 days until the opening ceremony of the 2012 London Olympic Games.

PHYLICIA TORREVILLAS/METRO

Robbery. VPD urges public to be more vigilant

Vancouver police are warning the public after two women were attacked and robbed Tuesday night.

VPD spokesperson Const. Lindsey Houghton said police are looking into whether the attacks were done by the same suspect. The first robbery happened at 10:30 p.m. in the 2400 block of Alder Street where a 22-year-old woman was grabbed and pushed to ground by an unknown man.

The robber went through the woman's purse and fled without stealing anything.

The suspect was described as a white man, approximately 30 years old, six-foot-two tall with a medium build. He was also wearing all black clothing and a black baseball cap, and was carrying a black backpack.

An hour later, a 28-year-old woman walking in the 1000 block of Smithe Street was knocked to the ground. The suspect rifled through her purse and stole her Louis Vuitton wallet.

PHYLICIA TORREVILLAS/METRO

Health. Province to spend $25M on non-smoking aids

A B.C. government program that gives people free products like prescription drugs and nicotine patches to help them stop smoking has received $100,000 orders in its first six months.

The products will cost the government up to $25-million, but Health Minister Mike de Jong says the health savings from people quitting smoking far outweigh what the province is spending on the program.

The government is offering smokers a single course of a prescribed smoking cessation drug like Champix and Zyban, or a free 12-week supply of nicotine replacement gum or patches.

Smokers can get help by calling 811 or going to the QuitNow website, and the government is enhancing the site at the end of April with a live-chat service where counsellors can coach smokers in their efforts to quit.

THE CANADIAN PRESS

Burns Lake. WorkSafeBC begins next phase of probe of mill blast

The first phase of the probe into an explosion and fire at the Babine Forest Products mill in Burns Lake, B.C., is over, and investigators will now try to pinpoint a cause of the deadly blast.

WorkSafeBC says as many as 20 inspectors have been at the northern B.C. site since the incident in January.

Jeff Dolan, the WorkSafe director of investigations, says all areas of interest within the shattered mill have been checked and evidence has been removed for detailed analysis.

He says the site will be returned to Babine Forest Products on Thursday as the WorkSafe investigation shifts to testing and analyzing the collected debris.

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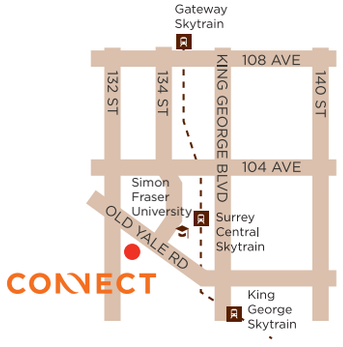

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A woman crawls through a human archway near the Olympic Village in Vancouver Wednesday. GRAHAM TEMPLETON/METRO

Vancouver 'good mudder country': Mustache Man

Hardcore workout. Tough Mudders puts Vancouverites through their paces

GRAHAM TEMPLETON
vancouver@metronews.ca

Going through a Tough Mudders workout is like giving birth: It starts with excitement and anticipation, leads to horrible pain and heavy breathing, and ultimately culminates in a feeling of supreme accomplishment.

The hardcore workout group came to town Wednesday, putting a number of eager Vancouverites through their paces with Internet celebrity The Mustache Man.

Mustache Man, otherwise known as 46-year-old, New York-based animation director and fitness nut Andy Thom, became the face of Tough Mudders after a homemade training video went viral.

"I just made it as a joke video. I'm not even a real fan of moustaches!" Thom said Wednesday, laughing. "Much to my wife's dismay, it's become a big thing."

Thom had his group of Vancouverites running, jumping, twisting, crawling, climbing, swimming and carrying across all manner of muddy, rocky, slippery terrain. For Tough Mudders, nature is the world's best gym.

Asked how he felt mid-workout, one man replied, "I feel … great … oh, oh God…" before doubling over and groaning loudly.

"It's great," Thom said from beneath his 'stache. "It's a great test of grit, of what you can handle."

The grizzled guru was impressed with Vancouver as a setting for the Tough Mudders experience.

"Vancouver is perfect mudder country," he said. "The air's crisp and clean, the water's chilly. You've got a lot of hockey fans, tough guys, tough girls.

"It's the perfect venue, up here in the Great White North."

Overnight closure

Residents fight to keep ER open

Angry residents in Princeton, B.C., are fighting to keep their emergency ward open around the clock. Residents have launched a petition campaign and are making plans for a rally.

THE CANADIAN PRESS

2nd incident this week

More fake guns in Kelowna

Mounties descended on a building Tuesday night after reports of a man waving a gun. Const. Kris Clark says three fake weapons were seized from two men.

THE CANADIAN PRESS

Bias alleged. Labour board rejects B.C. teachers' request for suspension

B.C.'s Labour Relations Board has rejected a request by the teachers' union to temporarily suspend its sessions with a government-appointed mediator.

The B.C. Teachers Federation went to the board earlier this month asking it to fire Charles Jago, claiming he was biased in favour of the provincial government.

While the board was making its decision, the federation wanted it to suspend mediation sessions involving Jago, the BCTF and school employers.

The Labour Board's associate chair Michael Fleming has ruled the BCTF won't suffer irreparable harm if it has to attend the sessions, while the board contemplates removing Jago.

Fleming says granting the BCTF request to suspend the mediation could penalize the other parties if the board ultimately rejects the teachers' claims that Jago is biased.

The announcement comes as teachers wrap up two days of voting on whether they want to stop taking part in extracurricular activities to protest the government's legislation banning further strike action and appointing Jago as mediator.

THE CANADIAN PRESS

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Khadr's transfer from Guantanamo Bay in Ottawa's hands

Diplomatic wrangling. Suggestions say reluctant Canadian government being strong-armed into taking war criminal

Ottawa has received an application from convicted war criminal Omar Khadr to transfer from Guantanamo Bay to Canada. THE CANADIAN PRESS

Convicted Canadian war criminal Omar Khadr, who became a poster child for the excesses of the war on terror, is a significant step closer to leaving Guantanamo Bay with a formal request for his transfer to Canada now in Ottawa's hands.

But diplomatic wrangling persisted, with one source suggesting the Americans were "desperate" to send Khadr home, and that a reluctant Canadian government was essentially being strong-armed into taking him.

According to the source, the Americans are "bending over backwards" to ensure Khadr's exit from Guantanamo Bay and will have to "bend their way around a number of their own rules" to make that happen.

"The U.S. needs to get rid of this guy for their own reasons," said one source familiar with the file.

"The United States basically asked Canada for a diplomatic favour and Canada previously agreed to look at a request of this nature favourably."

A spokeswoman for Public Safety Minister Vic Toews confirmed on Wednesday that the federal government was considering the request to take him off U.S. hands, which sparked an outpouring of mostly anti-Khadr reaction among Canadians.

"The government of Canada has just received a completed application for the transfer of prisoner Omar Ahmed Khadr," spokeswoman Julie Carmichael said.

"A decision will be made on this file in accordance with Canadian law."

The Pentagon would not confirm that Secretary of Defence Leon Panetta had signed off on the formal transfer request, which also requires the president to give Congress 30 days notice.

Khadr, 25, was eligible to return to Canada from Guantanamo Bay last October under terms of a deal reached a year earlier in which he pleaded guilty to five war crimes committed in Afghanistan as a 15-year-old. THE CANADIAN PRESS

First Nations. Court orders hearing for child welfare

A new Federal Court ruling on child welfare clears the way for First Nations to challenge federal funding for education, policing and health care, says the Canadian Human Rights Commission.

The court handed First Nations groups and child-welfare advocates a victory on Wednesday, ordering a new hearing into whether Ottawa is discriminating against native children. The ruling rejected the federal government's technical attempts to prevent First Nations groups from arguing for better funding for child welfare on reserves.

"This is an important victory, not only for the First Nations who are involved in the case, but indeed we would suggest all First Nations, because it really underpins the access to justice for all First Nations people," acting human rights commissioner David Langtry said in an interview.

"This is extremely significant to us. It's a key test of our legislation as it applies to First Nations."

The ruling means First Nations and the federal government will have a full-blown hearing about whether Ottawa is treating native children unfairly. THE CANADIAN PRESS

A boy from Cat Lake First Nation in northern Ontario stands in the bright spring sun on April 13. HEATHER SCOFFIELD/THE CANADIAN PRESS

Day of death

Rafferty bragged luck was coming to him

Hours before eight-year-old Victoria Stafford was abducted and killed, the man accused in her death bragged online that good things were coming.

The trial of Michael Rafferty was shown a screen capture today of his Facebook profile page from the spring of 2009 and on the morning of April 8 he posted: "everything good is comming (sic) my way."

Tori was abducted outside her Woodstock, Ont., school that day just after the 3:30 dismissal bell and one of Rafferty's girlfriends at the time, Terri-Lynne McClintic, has admitted she led the girl away.

McClintic, who is already serving a life sentence after pleading guilty to first-degree murder, testified that she kidnapped a child at Rafferty's urging and that he sexually assaulted Tori before she was killed.

Rafferty, 31, has pleaded not guilty to first-degree murder, sexual assault causing bodily harm and kidnapping. THE CANADIAN PRESS

Man accused in beating death appears in court

Andre Noel Denny arrives at Halifax Provincial Court Wednesday on a second-degree murder charge in the beating death of Raymond Taavel. RYAN TAPLIN/METRO

ALY THOMPSON
For Metro in Halifax

Andre Noel Denny was forthright and unapologetic as he emerged from a Halifax provincial court elevator on Wednesday with his hands cuffed and legs shackled.

"Public drunken fight. What can I say?" Denny loudly proclaimed to reporters as he was escorted by two police officers into the courtroom.

Denny, charged with second-degree murder in the beating death of Raymond Taavel, was remanded back to the East Coast Forensic Hospital in Burnside for a psychiatric assessment after a brief appearance.

The 32-year-old Cape Breton man will return to court on May 17 for a hearing to determine if he is fit to stand trial or if he could be exempt from criminal responsibility.

Taavel, a well-known gay-rights activist, was beaten to death early Tuesday morning outside a bar on Gottingen Street.

Denny, a patient of the Burnside hospital, failed to return to the facility following an unescorted one-hour leave on Monday evening.

Criminally responsible?

"Right now, he just seems very depressed. He just seems very scared."

Pavel Boubnov, who represented Andre Noel Denny on Wednesday.

He was in the hospital after being found not criminally responsible on a charge of assault causing bodily harm from an incident in Sydney in January.

Court documents from 2009 describe Denny as suffering from paranoid schizophrenia with a history of "aggressiveness, impulsivity and unpredictability," and as being "grossly psychotic."

Pavel Boubnov, a defence lawyer who was representing Denny on Wednesday, said he should not have been released from the hospital that night.

"You just simply look at the file for this person to understand that he should be closely monitored by medical professionals. The antipsychotic medication (does) interfere with alcohol ... so he obviously was under the influence of alcohol (Monday)."

Early release?

Mothers oppose parole in slayings

The mothers of two RCMP officers gunned down in Alberta seven years ago say they don't want a man convicted in the deaths to get parole.

Shawn Hennessey was sent to prison in January 2009 after pleading guilty to manslaughter. He is to appear before a parole hearing Wednesday at the Grande Cache Institution in northwestern Alberta. He wants day parole and unescorted temporary absences.

Doreen Jewell-Duffy, mother of slain constable Anthony Gordon, plans to attend the hearing. She has told the National Parole Board that it should turn down Hennessey's request.

"He needs to stay and serve his sentence," said Jewell-Duffy, who noted that it was Hennessey who gave gunman James Roszko a drive to the farm where four Mounties were shot in March 2005. THE CANADIAN PRESS

Shawn Hennessey
IAN JACKSON/THE CANADIAN PRESS

Elephant exodus

Toronto zoo loses accreditation

After more than three decades, the Toronto Zoo has been denied accreditation by the Association of Zoos and Aquariums.

The zoo is still able to operate but has lost the approval of the association, a group of experts in animal management and care.

The group evaluates each zoo on a series of standards, including veterinary care, educational programs, safety and governance.

One of its main concerns was a controversial decision to ship three of the zoo's elephants to a sanctuary in the United States.

The zoo's CEO John Tracogna says the key issue was governance and had nothing to do with its care of animals.

He said zoo officials are "disappointed" in the decision but will work to regain accreditation next year. THE CANADIAN PRESS

Fossils

Prehistoric birds found in Sask.

Four new species of prehistoric birds have been identified based in part on fossils found in Grasslands National Park in southwest Saskatchewan. Named Brodavidae, it includes a new genus — Brodavis — and four new species. The species Brodavis americanus was also discovered in other parts of North America. THE CANADIAN PRESS

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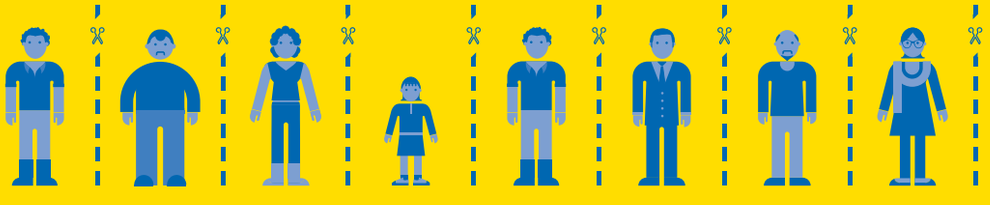

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Confessed mass killer Anders Behring Breivik, left, talks with his lawyers at the Olso court on Wednesday. "I am a militant Christian," he testified in Courtroom 250. LISE ASERUD/THE ASSOCIATED PRESS

Freedom or death: Mass killer reveals his stark choice

Norway's massacre trial. 'I view 21 years in prison as a pathetic sentence,' Breivik tells the court in sensational testimony

The right-wing fanatic on trial for massacring 77 people in Norway says he wants either freedom or death.

He called the country's set prison terms "pathetic" and argued for the return of capital punishment, which was last used in Norway to execute Nazi collaborators after the Second World War.

"Acquittal or the death penalty are the only logical outcomes of this case," the confessed killer said.

"I view 21 years in prison as a pathetic sentence."

In the third day of his Oslo terror trial, Anders Behring Breivik was grilled by prosecutors about the anti-Muslim militant group he claims to belong to.

He rejected their suggestions that the "Knights Templar" doesn't exist, but admitted he had embellished when describing the network in a 1,500-page manifesto he published online before the bomb-and-shooting rampage on July 22. He described it as a leaderless network consisting of "independent cells."

Prosecutors told reporters after Wednesday's hearing that they don't believe the group is real or that the meetings Breivik claims took place in Liberia, Britain and the Baltic countries ever happened.

The issue is of key importance in determining Breivik's sanity, and whether he's ultimately sent to prison or compulsory psychiatric care.

If found sane, Breivik could face a maximum 21-year prison sentence or an alternate custody arrangement that would keep him locked up as long as he is considered a menace to society.

If declared insane he would be committed to psychiatric care for as long as he's considered ill.

THE ASSOCIATED PRESS

The world reels

Breivik claims Muslim immigrants are colonizing Europe with the tacit approval of liberal governments. That's why, he says, he went on a murderous rampage that shocked the world.

- **Oslo.** Eight people were killed in a bombing at government headquarters.
- **Utoya.** Sixty-nine people, mostly teenagers, were shot to death on the island outside the capital.

Grim photos

U.S. troops posed with bodies of Afghan insurgents, newspaper says

The White House and the Pentagon voiced regrets Wednesday for a new Afghan battlefield embarrassment — over photographs.

The photos purport to show U.S. troops posing with the bodies of dead insurgents in Afghanistan.

Defence Secretary Leon Panetta called it a violation of America's "core values."

Panetta added, "This is war. I know that war is ugly and it's violent, and I know that young people caught up in the moment sometimes make very foolish decisions."

U.S. President Barack Obama's chief spokesperson, Jay Carney, said the incident was "reprehensible."

The photos were published in Wednesday's Los Angeles Times.

One shows members of the 82nd Airborne Division posing in 2010 with Afghan police and the severed legs of a suicide bomber.

Another photo appears to show the hand of a dead insurgent resting on a U.S. soldier's shoulder while the soldier smiles.

THE ASSOCIATED PRESS

Young mother killed, infant son abducted

Houston. Nurse, 30, faces murder charge; baby located unharmed. Victim 'in wrong place at the wrong time,' DA says

A nurse admitted to fatally shooting a young mother in a town near Houston and abducting the dying woman's newborn son whom she apparently intended to adopt, authorities said Wednesday.

Verna McClain is charged with capital murder in the killing of Kala Marie Golden, 28.

Witnesses saw a woman repeatedly shoot Golden on Tuesday afternoon in the parking lot of a pediatric clinic.

She then drove away with Golden's infant son Keegan, who was found unharmed Tuesday evening at a home with McClain's sister, authorities said.

According to an arrest record, McClain, 30, admitted to shooting Golden and taking Keegan to Harris County, where the baby was subsequently found.

McClain gave authorities information that only the shooter would know, according to the arrest record.

She is being held without bail.

District Attorney Brett Ligon said McClain's statement to investigators indicates she shot the mother as part of a wider plan to kidnap any child and that Golden was simply in the wrong place at the wrong time.

"We believe we have sufficient evidence to prove that she kidnapped the child and committed the murder," Ligon said at a press conference Wednesday.

Ligon said McClain approached law enforcement at an apartment complex where detectives found a vehicle matching witness descriptions, and started to provide information about the case. But McClain did not say where the child was, Ligon said.

Instead, authorities received an anonymous tip that directed them to Keegan's location, he said. McClain was then arrested at the apartment complex and later confessed to authorities.

McClain's sister lives at the apartment complex that detectives searched before they found the child, Ligon said.

Kala Marie Golden's husband Keith Schuchardt. THE ASSOCIATED PRESS

In this family snapshot, Kala Marie Golden, right, is shown with her two sons. SCHUCHARDT FAMILY/THE ASSOCIATED PRESS

It remains unclear who lived at the home where Keegan was found, Ligon said.

Keegan has been released to family members, according to his father, Keith Schuchardt.

Golden's mother, Linda Golden, said that she had been babysitting another of Kala's sons when someone at the scene called her using her daughter's cellphone. She rushed to the scene.

"I wanted to kiss her before they put her in the ambulance," Linda Golden said.

Golden had no idea what could have sparked the slaying. THE ASSOCIATED PRESS

Society of St. Pius X

Quarter-century of schism may be nearing end

The Vatican and a breakaway group of traditionalist Catholics appear to be nearing an agreement that could bring the group back into Rome's fold.

Vatican spokesman Rev. Federico Lombardi said Wednesday the Society of St. Pius X had delivered an "encouraging" response to the Vatican's demands that it accept some core church teachings.

The Vatican had rejected as "insufficient" the group's initial response last month, but Lombardi said their revised position marked "a step forward."

The Society was founded by the late conservative Archbishop Marcel Lefebvre in 1969 and split from Rome over opposition to the reforms of the Second Vatican Council. The council revolutionized the church and allowed Mass in languages other than Latin.

THE ASSOCIATED PRESS

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Losing a legend

Dick Clark, America's 'oldest teenager,' dies at 82

Dick Clark, the ever-youthful television host and tireless entrepreneur who helped bring rock 'n' roll into the mainstream on American Bandstand, has died of a heart attack.

After American Bandstand, he produced and hosted a vast range of programming from game shows to the year-end countdown in Times Square on New Year's Rockin' Eve.

Spokesman Paul Shefrin said Clark had the heart attack Wednesday morning at Saint John's hospital in Santa Monica, a day after he was admitted for an outpatient procedure.

Clark had continued performing even after he suffered a stroke in 2004 that affected his ability to speak and walk.

Long dubbed "the world's oldest teenager" because of his boyish appearance, Clark bridged the rebellious new music scene with traditional show business, and was equally comfortable whether chatting about music with Sam Cooke or bantering with Ed McMahon about TV bloopers.

He thrived as the founder of Dick Clark Productions, supplying movies, game and music shows, beauty contests and more to TV. Among his credits: The $25,000 Pyramid and TV's Bloopers and Practical Jokes.

For a time in the 1980s, he had shows on all three networks and was listed among the Forbes 400 of wealthiest Americans.

THE ASSOCIATED PRESS

Dick Clark died Wednesday at age 82. CHRIS O'MEARA/THE ASSOCIATED PRESS

$158-million payday

Illinois couple hit the jackpot

A retired Illinois couple claimed the third and final share of last month's record $656 million Mega Millions jackpot Wednesday.

They said they plan to treat themselves — possibly even to a vacation.

But first they need to sort out how to invest their windfall.

Merle and Patricia Butler bought a $3 quick-pick ticket to the March 30 drawing at the Motomart convenience store in their village of Red Bud, a farming community 65 km southeast of St. Louis.

They have opted to collect their winnings of $158 million after taxes in a lump-sum.

Merle Butler, 65, said at a news conference that aside from the cadre of financial advisers and lawyer he and his wife have been meeting with over the past two weeks, they told fewer than five people that they had become millionaires overnight.

"I was retired. It looks like I have another full-time job," the retired computer systems analyst said.

The couple, who have grandchildren, have no plans other than to craft an investment strategy, then revisit what to do.

The Butlers are the only ones of the three jackpot winners to be publicly identified.

THE ASSOCIATED PRESS

Lost couple survive thanks to cabin

A husband and wife stuck in the woods outside Fernie, B.C. for three days say they were lucky to find a well-stocked cabin while they waited to be found.

Jake and Anja Oosterwijk were rescued Tuesday and have been reunited with their seven children in Fort Macleod.

Jake Oosterwijk says they took wrong turns on some back roads and got stuck in the snow.

He calls the cabin they found a "beautiful prison" with a wood stove, food and water.

He says the couple is thankful to everyone in Alberta and British Columbia who searched for them.

Oosterwijk says knowing the pain friends and family must have felt while they wondered what happened made the couple desperate to be found.

Jake and Anja Oosterwijk had not been heard from since leaving their home near Fort Macleod on Saturday for a quick trip into B.C.

The couple's seven children, who are between the ages of six and 22, became concerned, saying that the disappearance was out of character for their parents.

"They'd gotten stuck and walked to a cabin nearby," explained the RCMP.

Police dispatched a helicopter to get them. Jake had an injured knee, but the couple were otherwise OK.

THE CANADIAN PRESS

Jacob and Anja Oosterwijk survived after being lost in the southeast B.C. woods. They found a well-stocked cabin. FAMILY PHOTO/THE CANADIAN PRESS

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STEVE MARTEL
— LIVE THE DREAM —

Teen worker rescued after being trapped for two days

India. At least six people were killed when a blanket factory collapsed Sunday

Rescuers pulled a 15-year-old boy from a massive heap of broken concrete Wednesday morning, more than 48 hours after the blanket factory he was working in collapsed and killed at least six people in northern India.

The boy, who told rescuers his name was Sandeep, was carried on a stretcher from the scene in Jalandhar, a town in Punjab state, and taken to a nearby hospital.

Workers continued searching for more people buried when the three-storey factory buckled around midnight Sunday, while workers were inside. Estimates for how many may still be trapped have ranged from a dozen to more than 100.

Six bodies have been found and 60 people rescued, including three with serious injuries, district magistrate Priyank Bharti said.

Many of the factory's workers were migrants from other Indian states, including Bihar, Jharkhand and West Bengal. Sandeep said he was from Bihar.

He said he passed out when the building collapsed, and did not know how long he was unconscious before waking and finding himself in a small cavern closed off by broken concrete slabs. The two friends he was with were missing, and he does not know what happened to them. THE ASSOCIATED PRESS

Compensation

$3,800

Punjab's Chief Minister Parkash Singh Badal promised $3,800 compensation to families of those killed, as well as a statewide audit of building safety and a separate investigation into why the factory was in a decrepit state.

Rescue workers carry Indian survivor Sandeep out from the rubble of a factory that collapsed in Jalandhar, India. Rescue work continues at the site of a three-storey blanket factory that collapsed in northern India close to midnight Sunday, killing at least six people. CHANNI ANAND/THE ASSOCIATED PRESS

Pakistan calls for peace over glacier dispute

A Pakistan army helicopter flies over Gayari camp which was hit by an avalanche that buried 140 people including 129 Pakistani soldiers last week at the Siachen glacier in Pakistan. B.K. BANGASH/THE ASSOCIATED PRESS

Pakistan's powerful army chief on Wednesday called for the peaceful resolution of a Himalayan glacier dispute with rival nuclear power India, and suggested his country should spend less on defence and more on development.

Gen. Ashfaq Parvez Kayani's comments came after he visited the site of an avalanche near the Siachen Glacier that last week buried 140 people, including 129 Pakistani soldiers. The tragedy has refocused attention on what critics say is a futile standoff with India over an uninhabited stretch of ice where more troops have been killed by the elements than warfare.

Kayani noted that India began the conflict when its troops occupied the uninhabited Siachen Glacier in 1984. Pakistan sent in troops, and since then both armies have been facing each other on the glacier, which is located north of the disputed territory of Kashmir.

The Pakistani army chief said the conflict "should be resolved," and in order to do that "the two countries have to talk about" the issue.

Kayani did not set a time frame, and his remarks were in line with Pakistan's general position that talks are needed to resolve all its disputes with its much larger neighbour.

Pakistan and India have fought three major wars since they both achieved independence from the British empire in 1947, two of them over Kashmir. THE ASSOCIATED PRESS

Quoted

- In a rare question-and-answer session with the media, Gen. Ashfaq Parvez Kayani said the security of a country was not just about borders but also the welfare of its people.
- "In only that case a country is truly secured, and we understand this," said Kayani.

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Pilot to argue he was insane during in-flight rant

In this April 2 file photo JetBlue pilot Clayton Frederick Osbon, right, is escorted to a waiting vehicle by FBI agents as he is released from Northwest Texas Hospital in Amarillo, Texas. MICHAEL SCHUMACHER|THE ASSOCIATED PRESS

A JetBlue Airways captain accused of disrupting a flight when he left the cockpit screaming about religion and terrorists plans to use an insanity defence at trial.

An attorney for Clayton F. Osbon filed a motion Wednesday outlining plans to argue Osbon was insane at the time of the incident on the March 27 flight from New York to Las Vegas.

Osbon remains jailed in Texas awaiting a court-ordered psychiatric exam to determine his competency for trial and whether he was legally sane when witnesses say he left the cockpit and ran screaming through the cabin.

Witnesses said the pilot seemed disoriented, jittery and constantly sipped water when he first stormed from the cockpit and marched through the cabin.

Then, they said, he began to rant about threats linked to Iran, Iraq and Afghanistan after crew members tried to calm him down at the back of the plane.

Passengers wrestled him to the floor, and he was subdued until the plane made an emergency landing.

Under federal law, a conviction for interfering with a flight crew can bring up to 20 years in prison. The offence is defined as assaulting or intimidating the crew, interfering with its duties or diminishes its ability to do operate the plane.

THE ASSOCIATED PRESS

Panic in the skies

On April 12 a grand jury in indicted Clayton F. Osbon on one count of interference of a flight crew.

- Investigators say Osbon told his co-pilot, "things just don't matter," and rambled incoherently about religion shortly after takeoff.
- After running through the cabin yelling, Osbon was restrained with seatbelt extenders and zip-tie handcuffs while the first officer diverted the flight to land in Amarillo, Tex.

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UNICEF's grim outlook in Africa

Hawa Moussa, 2, who is suffering from malnutrition, is held by her mother in an intensive-care tent at the hospital in N'Gouri, a desert village in the Sahel belt of Chad, on Wednesday. UNICEF estimates that 127,000 children under 5 in Chad's Sahel belt will require lifesaving treatment for severe acute malnutrition this year, with an estimated 1 million expected throughout the wider Sahel region of West and Central Africa. BEN CURTIS/THE ASSOCIATED PRESS

Myanmar's democracy icon Suu Kyi plans first foreign trip in 24 years

Freedom. Myanmar opposition leader to 'travel freely' to Britain and Norway

Myanmar pro-democracy leader Aung San Suu Kyi smiles at supporters from the gate of her lakeside home.
KHIN MAUNG WIN/THE ASSOCIATED PRESS

Myanmar opposition leader Aung San Suu Kyi plans to travel to Britain and Norway in June on her first trip abroad in 24 years, her party spokesman said Wednesday.

The 66-year-old democracy icon has not left Myanmar for more than two decades because of fears the nation's authoritarian rulers would not allow her to return.

The junta that ruled the country for almost half a century ceded power to a new government last year that has embarked on a series of widely praised reforms, including opening a dialogue with Suu Kyi and allowing her to run for — and win — a seat in parliament.

Nyan Win, a spokesman for Suu Kyi's National League for Democracy, said the trip would prove that Suu Kyi "can travel freely. This is a very positive indicator."

Suu Kyi has not left Myanmar since 1988, when she arrived from Britain to visit her ailing mother and ended up leading the country's struggle for democracy. Since then, the daughter of national independence hero Aung San has spent 15 years under house arrest. For most of that time, she was separated from her husband Michael Aris and their two children, who still live abroad.

In 1999, Suu Kyi refused to leave Myanmar to visit Aris as he was dying because of concerns that the former ruling junta would not allow her back.

THE ASSOCIATED PRESS

Syrian protesters bombarded by government fire

In this citizen journalism image accessed on Tuesday, a Syrian government solider stands near a machine gun in Daraa, Syria.
LOCAL COORDINATION COMMITTEES IN SYRIA/THE ASSOCIATED PRESS

Syrian security forces opened fire Wednesday on anti-regime demonstrators surrounding the cars of a UN team meant to monitor a shaky ceasefire, sending the observers speeding off and protesters dashing for cover, according to activists and amateur videos.

The fresh violence in a suburb of Damascus, the Syrian capital, provided the first public glimpse of the work of the small team struggling to reinforce the international community's stumbling efforts to end 13 months of deadly conflict in Syria.

The shooting, which wounded at least eight people, could also complicate the deployment of a larger UN mission to help a ceasefire take hold between President Bashar Assad's forces and opposition fighters.

The difficulties of the team's mission was clear Wednesday during its visit to the suburb of Arbeen, just northeast of Damascus.

The team did not announce its plans to visit the area, but a local activist said residents guessed they were coming when tanks posted throughout the area withdrew early Wednesday.

People quickly drew up signs as well as a list of the 34 residents killed since the start of the uprising and information on the scores who have been detained, an Arbeen activist named Ahmed said via Skype. He declined to give his last name for fear of retribution.

Amateur videos posted online showed hundreds of demonstrators crowding around at least three UN Land Cruisers, waving Syrian flags and chanting against the regime. In one video, a man with a microphone and huge speakers on the back of a pickup truck led the crowd in singing "Bashar, Bashar, we will not kneel!"

A handwritten sign apparently taped by a demonstrator on one of the cars read, "The murderer keeps killing, the observers keep observing and the people keep up the revolution."

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No more weed for foreigners in Amsterdam?

A young man lights a joint in Cool Running, a coffee shop that is licensed to sell marijuana, in Maastricht, Netherlands. ERMINDO ARMINO/THE ASSOCIATED PRESS

Drug tourism.
Businesses fight plan to turn marijuana cafes into 'members only' clubs open solely to Dutch residents

Dutch coffee shop owners went to court Wednesday in a last-ditch bid to block a government plan to stop foreigners from buying marijuana in the Netherlands.

Lawyers representing the coffee shops oppose what would be the most significant change in decades to the country's famed soft drug tolerance: turning marijuana cafes into "members only" clubs open solely to Dutch residents.

Members would only be able to get into the coffee shops by registering for a "weed pass" and the shops would only be allowed 2,000 members.

The move comes into force in the south of the country May 1 and is scheduled to roll out nationwide on Jan. 1, 2013. Whether it will be enforced in Amsterdam, whose coffee shops are a major tourist draw, remains to be seen.

Mayor Eberhard van der Laan says he wants to negotiate a workable compromise with the country's Justice Minister Ivo Opstelten.

Lawyers for the cafe owners told a judge at The Hague District Court that the move — aimed at reining in problems caused by foreign "drug tourists" who buy marijuana in the Netherlands and resell it in neighbouring countries — is "clearly discriminatory."

Lawyer Ilonka Kamans argued that the Dutch drug policy gives citizens "the fundamental right to the stimulant of their choosing" and foreigners should not be deprived of that right. THE ASSOCIATED PRESS

Local impact

"We understand that this topic is something that's of interest to tourists, but it's equally important to our Dutch customers, which is most of them."
Marc Josemans, Easy Going coffee shop

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Airport security. Man strips naked in protest of security screeners

Port of Portland police say a 49-year-old man stripped naked at Portland International Airport as a protest against U.S. airport security screeners.

The incident report said John E. Brennan's actions Tuesday evening caused some passengers to cover their eyes and their children's eyes while others looked, laughed and took photos. Two screening lanes were temporarily closed.

Police say the Portland man was arrested for investigation of indecent exposure and disorderly conduct.

The Oregonian newspaper reports that the Port of Portland summary said Brennan "disrobed completely naked" while going through a security screening area.

He later told authorities he flies often and "disrobed as a form of protest against TSA (Transportation Security Administration) screeners he felt were harassing him."

He missed his flight to San Jose, Calif.
THE ASSOCIATED PRESS

Human rights

Inventor of web warns U.K. to drop surveillance plans

The scientist credited with inventing the World Wide Web says he's warned Britain's government to ditch plans to extend surveillance of Internet activity.

Tim Berners Lee, who developed the Web in 1990, says the proposals to allow intelligence agencies to monitor Internet use and digital communications of British citizens would be a "destruction of human rights."

Berners Lee told The Guardian newspaper in an interview published Wednesday that the proposals would place intimate information at risk of theft.

He says the government has not explained how it could safely store the data, meaning the plan should be scrapped.

Britain's Home Office has insisted that any new surveillance program would be limited and aimed at serious crime and terrorism.
THE ASSOCIATED PRESS

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Bully's paralyzing punch costs school district $4.2M

Settlement. New Jersey district settles lawsuit over bully's punch that paralyzed middle-school student

A New Jersey school district has agreed to pay $4.2 million US to settle a lawsuit by a middle-school student who was paralyzed when a known bully punched him in the abdomen.

The settlement between the Ramsey school district and the family of Sawyer Rosenstein, who had complained to the district about being bullied, was worked out over the past two months but not made public until last week.

The family's lawsuit alleged school officials knew or should have known the boy's attacker had violent tendencies and failed to comply with a state anti-bullying law, said the Rosensteins' attorney, Jeffrey Youngman.

Taking a stand

- **The Rosensteins also settled a claim against the boy who attacked their son.** Youngman said the terms were confidential.
- **New Jersey enacted a tough new anti-bullying law in 2011.** Youngman said such laws are effective only if they are enforced and adequately funded.

The boy had punched another student in the face on a school bus a year earlier, but the school kept no record of it or other attacks and the attacker was not subjected to escalating discipline, the suit said.

Just three months before being punched, Rosenstein, then 12, emailed school officials to report he was being bullied and to ask for help.

"I would like to let you know that the bullying has increased," he wrote to his guidance counsellor. "I would like to figure out some coping mechanisms to deal with these situations, and I would just like to put this on file so if something happens again, we can show that there was past bullying situations."

Sawyer was punched in the abdomen at school on May 16, 2006, dropping him to his knees. Two days later, the seventh-grader let out a scream in his bedroom. "We picked him up and called an ambulance," his father, Joel Rosenstein, told The Record of Woodland Park.

The blow had caused a clot in a major artery that supplies blood to his spine, leaving him paralyzed from the waist down from what his attorney described as an "incredibly rare" injury.

THE ASSOCIATED PRESS

The Opposition settles in

NDP Leader Tom Mulcair and his wife Catherine Pinhas pose in the doorway of Stornoway, the residence of the leader of the official Opposition, in Ottawa on Wednesday. ADRIAN WYLD/THE CANADIAN PRESS

Police watchdog

Officer charged after police dog bites suspect

The province's police watchdog says a Belleville officer has been charged in an incident in which a man was bitten by a police dog.

The Special Investigations Unit says Justin Nolan, 31, suffered serious dog-bite injuries to his right leg. Const. Jeff McNevin, the handler of the dog, is facing one charge of assault causing bodily harm. THE CANADIAN PRESS

Reality TV

Men charge The Bachelor with discrimination

Two black men are taking The Bachelor and The Bachelorette to court with a lawsuit that claims the reality shows are blocking contestants of colour from starring roles.

Nathaniel Claybrooks and Christopher Johnson filed a federal lawsuit in Nashville Wednesday.

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Carney denies he was offered BoE post

Questions arise. Financial Times report suggests Bank of England might have its eye on the Canadian central banker

Mark Carney was given a chance to finally, unequivocally squelch reports he might leave his post early. He was equivocally successful.

In his first public remarks on the issue Wednesday, the Canadian central banker denied — indirectly — he had been approached to take over the same post at the Bank of England, as reported by the Financial Times newspaper. He seemed even less categorical when asked if he will commit to serving out his term in Canada, which runs to 2015.

Commitment?

"It's an honour to have this position and I intend to fulfil it."

Bank of Canada governor Mark Carney, on whether he will serve out his term

"The report is not accurate," he said at a news conference in Ottawa when asked if he was approached as reported in the London-based newspaper.

The denial was repeated from the Bank of Canada Tuesday night, but Carney offered no more insight as to why the newspaper would say he was approached to run the United Kingdom's central bank.

The governor added he was focused on his responsibility as governor of the Canadian central bank and chairman of the Swiss-based Financial Stability Board.

Bank of Canada governor Mark Carney speaks to reporters at a news conference in Ottawa on Wednesday. ADRIAN WYLD/THE CANADIAN PRESS

Outlook. Economy gaining momentum: BoC

The Bank of Canada is taking a more positive view of the Canadian economy, while doubling down on warnings over household debt, the strong dollar and now the price of oil.

Building on Tuesday's policy rate announcement that predicted 2.4 per cent annual growth this year and next, the central bank's quarterly monetary policy review provided a generally positive spin on Canada's economic outlook — particularly in the first half of this year.

The central bank said growth in the first three months of the year will likely be a relatively robust 2.5 per cent annualized, well above the 1.8 level it had expected in its January report.

The second and third quarters will be similarly stronger than previously thought, it said, allowing the economy to return to full capacity for the first time since the recession by the first half of 2013 — as much as six months earlier than anticipated. Then the expansion will moderate, but remain positive. THE CANADIAN PRESS

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Supreme Court

Conrad Black scores legal win

The Supreme Court of Canada has paved the way for disgraced media mogul Conrad Black to pursue a series of libel lawsuits in the province of Ontario. But it's likely those cases will never be heard. That's because Black and his legal opponents, former associates at Hollinger International and their adviser, Richard Breeden, are in the process of finalizing an out-of-court settlement of the suits.

THE CANADIAN PRESS

Market Minute

DOLLAR
100.88¢ US (-0.11¢)

TSX
12,128.89 (-8.05)

OIL
$102.67 US (-$1.53)

GOLD
$1,639.60 US (-$11.50)

Natural gas: $1.951 (No change)
Dow Jones: 13,032.75 (-82.79)

Canada becoming a net loser in oil-price increases, BoC says

Crude costs.
Oversupply and capacity contributing to undervaluing of western Canadian oil, Bank of Canada says

The Bank of Canada says Canadians are losing out on the run-up in world oil prices, which is impacting everything from business-input costs to consumer spending and inflation.

In a new analysis of the current makeup of crude prices, the central bank said Wednesday that Canada has been importing high-priced Brent crude pumped in the North Sea and exporting lower-priced oil from Alberta since January, negatively impacting overall trade.

"The increase in the price of our oil imports raises production costs for Canadian firms and also puts upward pressure on gasoline prices, since about half of the gasoline purchased in Canada is produced using refined petroleum priced off Brent," the bank said in a statement.

That puts downward pressure on Canada's real gross domestic income, dropping the country's spending power to buy foreign goods and services, the bank said. In turn, it also dampens spending on domestically produced goods and services.

Increases in oil prices are usually beneficial to Canada because the country exports more than it imports, with the resulting gain in real income from exports more than offsetting cost increases for businesses and consumers who must fill up at the pump.

"This is why the recent evolution of oil prices since January has been unfavourable for Canada," the bank said in its Monetary Policy Review, noting that about half of the gasoline purchased in Canada is more closely tied to the higher-priced Brent supply.

THE CANADIAN PRESS

Price gap

- For more than a year, the gap has been widening between the price of the Brent oil Canada imports from the world and the price of West Texas Intermediate (WTI) oil paid to Canadian producers.
- The difference now stands at about $20 a barrel. Furthermore, some Canadian crudes are priced even lower at the Western Canada Select rate, which is now about $20 below WTI.

Ahead of the Curve

Bollywood actress Katrina Kaif displays Research In Motion's new low-priced BlackBerry Curve 9220 at a launch in New Delhi on Wednesday. RIM hopes the new social-media-friendly model will attract users in India's thriving telecom market. The new device comes after reports earlier this month said RIM has agreed to give the Indian government access to private instant messages from users, though the company has so far refused to comment. SAURABH DAS/THE ASSOCIATED PRESS

High-tech watchmaker raises $4.5M

The Pebble watch. HANDOUT

Of the more than 50,000 ideas that have been pitched on the crowd-funding website Kickstarter, seeking financial support for a new product, none have struck a chord with the web community more than the born-in-Canada Pebble.

It's a sleek, futuristic-looking wristwatch that wirelessly connects to the smartphone in your pocket and displays Caller ID information for incoming calls, emails, Facebook and Twitter messages, or calendar and weather alerts. And, of course, the watch also displays the time, with a number of digital faces to choose from.

Vancouver-born Eric Migicovsky and the rest of the team behind Pebble hoped to raise $100,000 on Kickstarter to help launch the watch commercially.

Just over a week into the campaign, the Pebble has attracted interest from more than 31,000 backers for a total of more than $4.5 million raised — a new Kickstarter record. And just about every minute of the day, new orders continue to pour in.

THE CANADIAN PRESS

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SHOCKING FEAR GRIPS CANADA

FEAR OF ELECTRIC CARS SWEEPS ACROSS THE COUNTRY

BY KURRI LAMBSMIT

While the recent rise in electric vehicle purchases shows great promise for the environment, it has also resulted in the resurgence of an unexpected and troubling phenomenon – Electriphobia.

According to research, this very real condition is characterized by an irrational fear of electric cars. Common symptoms include the fear of electrocution, Gas Withdrawal Anxiety (GWA), Tailpipe Separation Anxiety (TSA) and the fear of becoming a hippie (FOBAH).

"Electriphobia has become one of the top fears for the average person."

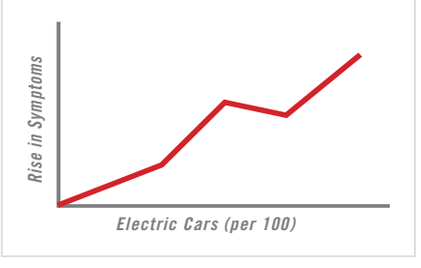
A number of health organizations have responded to help combat this alarming affliction. The most notable of these is the Electriphobia Research Institute (ERI). This very official organization has positioned itself as the go-to resource for any and all Electriphobia information and treatment. ERI Director Dr. Erin Ferguson summarized their mission at the World Phobia Summit, saying they are "determined to stop this epidemic, before it becomes a really big epidemic."

The ERI's official website, Electriphobia.com, is home to the highly scientific and innovative therapies they have developed to cure Electriphobia permanently. And for good.

Electriphobia was first discovered in 1904 by a Japanese psychologist who noticed several of his patients displaying unnatural reactions to electric vehicles – reactions such as fainting, cold sweats and severe gastrointestinal woe.

By 1910, Electriphobia had become so widespread, it sparked the very rise of gas-powered vehicles that caused its eventual fade into obscurity. But with the recent resurgence of electric cars, Electriphobia has again become a fear ranked with the likes of heights, spiders and hatchet-wielding clowns.

Above: A Toronto man faints at sight of electric car in parking lot.



Because recorded incidents of Electriphobia are expected to spike this month with increased sales of the new Mitsubishi i-MiEV, the public is urged to be extremely cautious.

The 'i-MiEV' (Mitsubishi Innovative Electric Vehicle) – is one of the first fully electric vehicles in the Canadian market. With incredible range and zero emissions, expert scientists believe it will ultimately help quell the general fear of electric cars.

"I thought it was off. Then it was on. Then I fainted."

- Simon Gordon, Electriphobe

COMMON FEARS:

- FEAR OF ELECTROCUTION
- FEAR OF SILENCE
- FEAR OF BECOMING A TOFU-LOVING HIPPIE

Do you find you miss the smell of gas? Do you fear silence? Do you have night terrors about becoming a hemp-weaving hippie? Then you may be at risk.

To check yourself for Electriphobia, visit Electriphobia.com.

We'd like to thank Mitsubishi and the Electriphobia Research Institute for their information about Electriphobia, and the new 2012 Mitsubishi i-MiEV. Together, they're working to end Electriphobia, permanently. And for good.

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UN-'BEAR'-ABLE EPIDEMIC

HE SAYS...
John Mazerolle
metronews.ca/hesays

LOOK OUT! A BEAR!

If you're not already playing dead, you need to read this article. If one of your fellow transit passengers read this and is curled up on the bus floor, leave them there. They did the right thing.

Did you know that 90 per cent of the bear maulings that happen on public transit are preventable? It's true.

How do I know so much? Well, I love spending time in the Canadian wilderness, where the weather is unpredictable, deadly wildlife is everywhere, and several of the hostels have Wi-Fi that only works, like, half the time. So I know about roughing it.

Just saying

I've been thinking about this because last week there was a viral news video that showed a bear roaming in a Los Angeles neighbourhood. It even crossed paths with a man who had his head down while walking and texting. In a moment of tragedy, that man survived.

I've even hiked in the majestic Rocky Mountains. (They're inevitably described that way because, like royalty, they serve no practical purpose.) In the Rockies, you can't help but appreciate life to the fullest, because residents constantly remind you that it could end at any moment.

Every time you turn around, someone is reminding you that you're in "bear country," which unilaterally seceded from Canada in 1994. "Hello, and welcome to the Stay-a-While Inn," they'll say, "where we haven't had a bear mauling in 26 minutes. You're in room 122. Please be advised, there is a bear warning in your bathroom."

And bear country is growing. I've been thinking about this because last week there was a viral news video that showed a bear roaming in a Los Angeles neighbourhood. It even crossed paths with a man who had his head down while walking and texting. In a moment of tragedy, that man survived.

But you might not be so lucky. Bears wandering in suburbs will become more common with climate change (i.e. bears can't afford downtown condos in this economic climate), so you'd best be prepared.

Here's what you need to know:

- Watch closely for signs that a bear might be nearby. These include hats, bow ties, neckties, and stolen pica-nic baskets. Also, ranger carcasses.
- LOOK OUT! Did you play dead this time? (Bonus tip: This also works in human relationships.)
- Sometimes playing dead doesn't work and it's better to fight back. The rule of thumb is that if a bear's putting a big sprig of parsley on your back, he's not buying it.
- Unless you've spent the last 10 years investing money in RIM, don't run. Bears can run at high speeds for long periods of time. And if you do start to get away, they'll just jump on one of those bicycles they always ride, while their trainer applauds them on.

And those are my tips. I hope you found them helpful.

OK, you can get up now. Unless there's a bear. In which case, feed it someone walking and texting. Everybody wins.

Gasp! A bear! DAN KITWOOD/GETTY IMAGES

New York City comes full circle

RANDY SCOTT SLAVIN /REX FEATURES /RANDYSCOTTSLAVIN.COM

Spin city

Surreal landscape photo

For American photographer and filmmaker Randy Scott Slavin, it's a topsy-turvy world out there, full of "wonder and different perspectives." For his Alternate Perspective photo series, the 34-year-old New Yorker travelled across America turning everyday surroundings into surreal landscapes.
METRO

A picture is worth...

100

individual images of a scene are used to build up a 360 degree photo. Then, using computer software, Slavin stitches them together to make a stereographic projection. Battery Park Night (above) was 35 photos, each with an exposure time of three seconds.

60 seconds

Randy Scott Slavin

Mesmerizing images — what inspired you?

Growing up, I was always inspired by the surreal, disorientating artwork of M.C. Escher.

But overall I'm motivated by seeing the world in a whole new perspective.

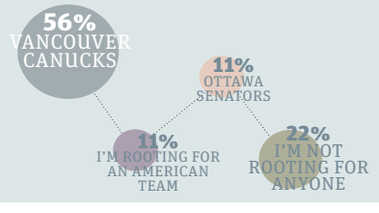
What was your biggest challenge in this art project?

It wasn't so much that I needed to take many photographs of the one scene as capturing it all many times with the constantly changing light. Also, standing outside in freezing winter air was not a pleasant experience.
ANTHONY JOHNSTON

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

Which Canadian team are you rooting for in the NHL playoffs?



Twitter

@stephaniecchow: This game is not only a "must win" but about saving face. #Canucks

@FarhanLaljiTSN: Daniel is on the ice. #canucks trying to start early but lights aren't on yet in the building

@Harman_Bhangu84: Can't wait for the DO or DIE #Canucks vs #Kings game tonight!!!

@JKalkatt: For some reason I STILL believe the #canucks are gonna miraculously come back :(#stressed #weNEEDthecup

@JackBillingsley: Hopefully the #canucks and the #penguins can draw some inspiration from the qmjhl halifax team that came back from the 0-3 deficit

@gursharnkaur: Excited for #gameday but either way I'm going to end up in tears after the game tonight. Go #canucks go!

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Theatre Under the Stars perform Anything Goes last summer at the Malkin Bowl in Stanley Park. TUTS is back for its 66th season with a Titanic: A New Musical. CONTRIBUTED

Theatre Under the Stars' 2012 season shines bright

Al fresco drama. Timely Titanic musical and Broadway classic The Music Man among the TUTS offerings this summer

BACKSTAGE PASS
Graeme McRanor
vancouver@metronews.ca

Interesting that the middle of April marks the 100th anniversary of the sinking of the Titanic.

After all, by the time you read this, the Canucks might have sunk themselves right out of the playoffs.

Hopefully they've staved off elimination, but let's face facts: it doesn't look good for the hometown lot.

Luckily, there's always something to do in our fair city to take disappointed hockey fans' collective minds off one more crushingly disappointing season.

Yes, it's time to trade hockey stars for real ones. You know, the big shiny bright ones up in space.

It's that time of year again for Theatre Under the Stars in Stanley Park.

OK, so its 66th season doesn't really begin at the newly renovated Malkin Bowl until July 8.

But TUTS has announced its season and — musical straight ahead! — things kick off with the Tony-Award-winning Titanic: A New Musical.

"Although it deals with a tragic historical event, Titanic is a daring and surprisingly uplifting musical," says James Cronk, the producer of TUTS.

"I know that audiences will be enchanted by the majestic music and engaging characters in the show — all of whom are based on real people."

Alternating nights with that performance will be the Broadway classic The Music Man.

"Between them, [the shows] offer an amazing range of musical theatre experiences," says Cronk.

"We are proud to feature two large and talented casts of performers from all over the Lower Mainland, in what may be our most touching and fun season in years."

Tickets for the 2012 season are on sale now. For more information, visit the theatre's website at tuts.ca.

Upcoming concerts

- **Coldplay –** A new price level has been added to both Coldplay shows here in Vancouver (April 20 and 21 at Rogers Arena). Tickets: $26.75 (NEW), $49.50, $79.50 and $110.00 on sale now at LiveNation.com.
- **Paul Van Dyk –** Catch the audio architect at the Commodore April 20 with guests. Tickets $55.50 available at LiveNation.com.

2 SCENE

Scene in brief

Beliebers will get new album on June 19

Have faith, Beliebers: Justin Bieber says his new album will be out June 19. Believe is Bieber's third full-length release and both prior albums — 2010's My World 2.0 and last year's Christmas disc Under the Mistletoe — opened at No. 1 on the Canadian charts en route to multi-platinum sales. Bieber revealed the news during an appearance on the reality singing competition The Voice on Tuesday night.
THE ASSOCIATED PRESS

On the web

Great geeks: Morgan Spurlock trains lens on cultural phenomenon of Comic-Con

The Alabama Shakes', from left, Heath Fogg, Zac Cockrell, Brittany Howard and Steve Johnson pose for a photograph during the SXSW Music Festival in Austin, Texas. JACK PLUNKETT/THE ASSOCIATED PRESS

Alabama Shakes take unexpected magic carpet ride

Debut album. Boys & Girls getting lots of attention from the music industry, critical acclaim from media across the planet

Brittany Howard already had her life planned out by the time she hit her 20s, and it didn't include any of this.

The lead singer and force of nature in Alabama Shakes, rock 'n' roll's newest phenomenon, already had a good job delivering mail and hoped to hold onto it. Like many folks reared in the rural South, she didn't expect much more. Maybe she could carve out a little happiness with a husband and some kids.

"Where we're from, playing music and just playing music is not an avenue to take," Howard said. "It's not an option. Because like, where we're from, most of the people, they've tried their best to get the best job they can and then they stay with that job until they can retire. So music was just kind of like our hobby. It was something we would do to release at the end of the day or still feel like human beings."

In less than a year, all that has changed and her quartet from Athens, Ala., has become a success story so unlikely even the band's manager calls it "an anomaly." Maximum buzz has preceded the Shakes' debut album Boys & Girls with sold-out tours of the United States and Europe, fawning media coverage and an endless string of surprises.

Howard, 23, sat down for a morning interview early in the band's overstuffed run through the South By Southwest Music Festival last month.

The band rented a house in a tony section of town and was loose and celebrating over breakfast tacos after a successful "Austin City Limits" taping and in anticipation of a heavy schedule of live showcases at the music conference.

They'd just learned they'd be joining Jack White for part of his tour and big opportunities seemed to be coming up every day.

THE ASSOCIATED PRESS

Quote

"Where we're from, playing music and just playing music is not an avenue to take."

Brittany Howard
On their road to success

Analysis

Not your typical rock star attitude

Warm and open, but a little shy and hesitant to make eye contact, Brittany Howard hardly resembled the larger-than-life figure she is on stage. With only an EP, a handful of professionally produced videos and a legion of YouTube fan postings, there's been little for the curious to go on since the band first started gaining attention last summer. But every time Howard and her bandmates — bassist Zac Cockrell, drummer Steve Johnson and guitarist Heath Fogg — play out live, they gain more true believers who turn and pass on the word.

The Shakes' musical approach is laid back — simple riffs that sway and build laid down over fertile grooves. There's nothing elaborate and no need to be because within a few bars, Howard comes in with a voice that rattles the room.

Mraz brings a new kinda love

Folk-pop. California singer breaks his heart open for new love-themed disc, on heels of multi- platinum performance

Jason Mraz, known for feel-good, hippie hits like I'm Yours and The Remedy, released his latest album Love Is a Four Letter Word

CARLO ALLEGRI/THE ASSOCIATED PRESS

It's been nearly four years since Grammy-winning troubadour Jason Mraz released his multi-platinum album We Sing. We Dance. We Steal Things and its sunny ukulele-infused hit I'm Yours.

The California singer-songwriter says he had planned to tackle a follow-up to that disc at the end of 2010, and even had 40 or 50 new tunes written for it.

But one day he realized the tracks were "the work really of just clever songwriting" and didn't fit into his vision of a "love" concept album.

Mraz then told himself: "I need a little bit more experience in the world. I need to get out of my head and go break my heart open somehow," the socially conscious pop-folk artist recalled in a recent interview to promote his new album, Love is a Four Letter Word, out this week.

"So I started doing more volunteer work and I started travelling more and pushing myself — surfing bigger waves, riding my bicycle farther, even questioning the relationships in my life to say, 'Do these really serve me and am I showing up the best way I can possibly show up, or am I just trying to fit some mould?'

"I realized how many things I was attached to that were stopping me from being the strongest and have the most interesting life that I could. And once I broke that open, songs around May of 2011 really started to just pour out ... from my heart and not just from my pen."

Mraz tested tunes for Love is a Four Letter Word on the road last year with his longtime friend, percussionist Noel (Toca) Rivera.

The trek took them around North America, Europe, Asia, Australia, New Zealand and Africa, where Mraz sang the cover tune Freedom Song — which is on his new album — with children living in a shelter in Ghana.

"It was raining one night when I first arrived, they all met me outside and they were singing the Freedom Song and they knew it word for word and it blew my mind," said Mraz, 34, noting the children first learned the track from the non-profit organization that he worked with in Ghana, Free The Slaves.

"It again woke me up to the power of songwriting and what it can do to make someone's day or brighten up a moment."

Dancing and playing music and games with children there also taught Mraz he can connect with kids — something the Virginia native said he'd never before felt, even when he was young.

"That's the first time I ever thought, 'I could have kids, I could see how I could actually contribute to another little kid's life,"' said Mraz.

"When parents say 'Oh, you get to relive your childhood all over again through your children,' I saw that too and I was like, 'Oh, this is a good idea. Maybe I'll adopt."'

Though love is the theme of the new album, it's about more than just courtship of a relationship.

"It's compassion for others, compassion for oneself, it's loving unconditionally," said the soft-spoken Mraz, who's won two Grammys.

"There's a couple of baby-making jams on there but it's not all romantic love."

THE CANADIAN PRESS

Behind the tunes

More than just music

- **Charity.** A longtime philanthropist, he's created his own charitable foundation, helped with efforts to clean up the 2010 oil spill in the Gulf of Mexico, and recently went to Antarctica with former U.S. vice-president Al Gore to learn about climate change.
- **Eating.** Mraz is also a vegan and has an avocado farm in San Diego, where he got his start performing in coffee houses.

50 years of tongues, tight trousers

This year marks The Rolling Stones' golden anniversary.
We look at how the band's most stylish members have influenced fashion.

RICHARD PECKETT

Fashion forward and always fun — Mick Jagger. HANDOUT

Mick Jagger

Lead singer, lothario and arguably one of the first faces of androgynous dressing. Remember those Ossie Clark jumpsuits? The skin-tight jumpsuits have been left in the '70s but his fashion legacy of chest-baring tops, outlandish striped trousers and tailored suits lives on. The infamous shirt dress he wore even surfaced in Alexander McQueen's show.

Keith Richards

He made it cool for a guy to wear silky neck ties and eyeliner. And the fact that Johnny Depp based Captain Jack Sparrow on Keith Richards makes the craggy-faced guitarist something of a legend. He also showed his charitable side by designing T-shirts in aid of last year's tsunami in Japan.

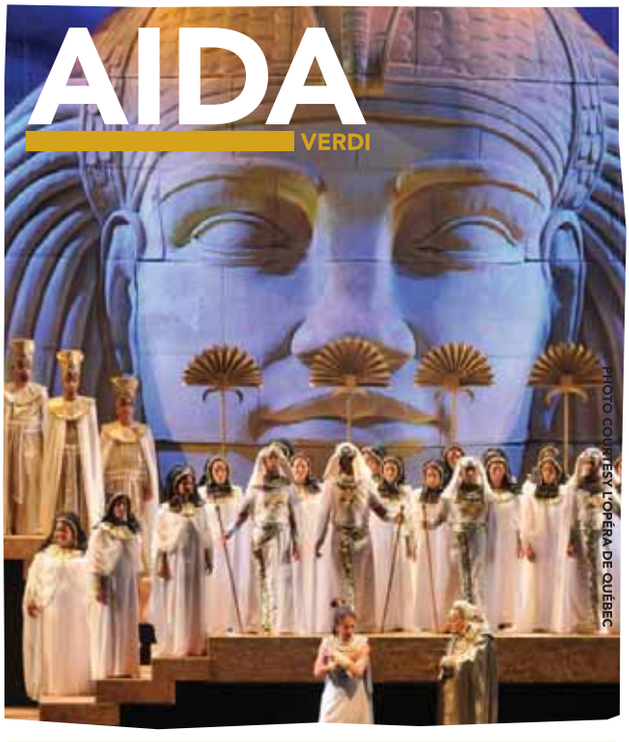
Ronnie Woods

Two words: That hair. And two more: Those feathers. Mick and Keith got most of the attention, but Ronnie had some pretty outrageous fashion moments of his own. His interest in fashion lives on. We spotted him front row during the autumn/winter '12 men's shows in London. But sadly, he wasn't wearing this.

Hardcore stoners

Are you a big fan of the Rolling Stones? If so, you may want to check out this collectible photo album.

- **Tongue out, strutting his stuff.** Jagger's pouting poses have been curated by François Hébel in Mick Jagger: The Photobook. The collectible shows Jagger in a number of guises, from strutting frontman to artistic muse — transfixing and a none too pricey coffee table must. It is retailing for $24. More information can be found at Thames-andhudson.com.



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Visitor self-discovery. Montreal Star Wars exhibit features prop power

A new Star Wars exhibit is packed with film-prop drawing power for the hardcore aficionado: from Han Solo's "carbonite" prison, to Anakin Skywalker's full-size podracer, to Princess Leia's metal bikini.

But the Montreal Science Centre's interactive, multimedia exposition, titled Star Wars Identities: The Exhibition, aims to offer more than the chance to gaze deep into Jabba the Hutt's glassy, remote-controlled eyeballs.

The exhibit's creators hope to encourage patrons to look inward for their own journey of self-discovery — through the Star Wars lens.

The goal is to teach visitors about the origins, influences and choices that moulded the films' heroes.

The producers then want customers to explore their own identity. It will run in Montreal's Old Port until Sept. 16. THE CANADIAN PRESS

The Word

Memorable movie experiences

THE WORD
Dorothy Robinson
scene@metronews.ca

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The State Supreme Courthouse in lower Manhattan was bathed in light on Tuesday night as movie stars (Catherine Zeta-Jones, Michael Douglas, Robert De Niro, and Dakota Fanning to name just a few), business titans (Ronald Perelman), media mavens (Katie Couric, Charlie Rose, Jared Kushner), designers (Tory Burch, Donna Karan, and Rachel Roy) and Mayor Michael Bloomberg kicked off the 11th year of the Tribeca Film Festival at the uber-swank Vanity Fair party.

We asked these celebrities: What's the first film you remember seeing that had a major impact on you?

Katie Couric
"My mom took me to The Birds when I was five-years-old. I don't think she knew how gory it was. And I remember running up and down the aisles screaming. And maybe that explains a lot. A lot."

Jane Rosenthal (festival co-founder with Robert De Niro):
"Mary Poppins. She was like the first super-hero woman. She could do everything. She was magical. She seemed to do it all. And there's a little girl named Jane so I really liked that too. I can still sing all the lyrics, but I won't."

Bob Balaban:
"The 5000 Fingers of Dr. T. was a really big movie for me. It's a cult classic now. It was a fantasy. It was MGM in the early '50s. It was all about a little boy and his piano teacher and he falls asleep and has a dream in which they built a piano where they had however many children — 5,000 fingers playing the piano. It's pretty beautiful."

Tory Burch:
"I always loved To Catch a Thief, especially for the clothes. It inspired me as a designer. I thought that the style was amazing."

John Forté:
"I remember cutting class one day to see Conan the Barbarian. We snuck into the wrong theatre and ended up seeing Wall Street. My friends fell asleep but I was captivated. I came home and started asking my mom to see the business section of the newspaper so I could learn about commodities trading and about stocks and bonds and what the differences were and what yields were."

A Douglas moment

- Reporters called to couple Michael Douglas and Catherine Zeta-Jones (who looked ravishing in a one-shoulder gray sequined dress and Christian Louboutin heels) to come over but they wouldn't talk. "We talked all last night," said Douglas, referring to Monday night when he was honoured for his contributions to the theater at the 12th Annual Monte Cristo Awards.

Perry 'a lost soul right now'?

Katy Perry has been putting on a brave face in the wake of her split from Russell Brand, but sources claim the pop star is pining for her comic ex, according to Us Weekly.

"Katy's been trying to get him back. She's a lost soul right now," a source says. The sudden change was reportedly spurred on by a trip to India earlier this month, where Perry and Brand tied the knot in 2010.

"She'd already been missing Russell. Being back there stirred up even more old feelings."

But a rekindled romance isn't likely, the source warns. "Right now, Katy and Russell are trying to get to the point where they can at least be friends."

Sharon Osbourne

Osbourne has some harsh words for Cowell

Sharon Osbourne has a few not-so-nice words for former co-worker Simon Cowell, now that an unauthorized biography on the X Factor boss claims Osbourne quit the reality show because she was jealous of Cowell's alleged affair with fellow judge Danii Minogue.

"I left because I didn't like that girl. When it's not fun, you go," Osbourne insists on her talk-show, The Talk, in response to the story.

"I couldn't care if he was having sex with anything." But the outspoken Osbourne didn't leave it at that: "I think he is a victim of small penis syndrome," she adds. "You can't buy the goods."

Paquin and Moyer expecting their own lil' vampire

True Blood co-stars Anna Paquin and Stephen Moyer are expecting their first child, a rep confirms to People magazine. The pair met on the HBO vampire series in 2007 and tied the knot in 2010 during a seaside ceremony in Malibu.

Shortly after they wed, Paquin had expressed hesitation about getting pregnant.

"I have trouble planning anything more than brunch with my friends," Paquin told Marie Clare at the time. "But when the time's right, we'll do it."

This is Oscar-winner Paquin's first child, while Moyer has a son and a daughter from previous relationships.

Anna Paquin. ALL PHOTOS GETTY IMAGES

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3 LIFE

Today's picks

Kenzo for Vans

Vans has churned out too many special editions of its classic Era shoe to count. Some of them have been really good. Others have just been, eh (pink Hello Kitty lace-ups, anyone?). But its latest collaboration with Kenzo achieves a rare perfect balance, basically creating a kind of prototype for what the skate shoe should be: colourful, a little off-beat and cool. The collection, designed by Humberto Leon and Carol Lim, features the same net graphic prints from their spring/summer '12 collection in seven different colorways. They're almost too cute to ollie in.

kenzo.com

KENYA HUNT, METRO WORLD NEWS IN LONDON

On the Web

Designers from Edmonton, Toronto and Montreal among TFI New Labels finalists

Going out with a bang

Straight up. Rooney Mara's bangs in Girl With the Dragoon Tattoo were all over last month's fall 2012 runways. But does this polished look work in hot, sticky weather? We discuss

ROMINA MCGUINNESS
Metro World News in London

"Cutting in fringe is a great way to change up your look dramatically without chopping all your hair off," says hairstylist John Ruggiero from L.A., who has worked wonders on the locks of Elizabeth Olsen and Gisele Bündchen.

"It's a great summer look because it can keep your hair away from your face and still look chic," the guru adds. He talks us through how to keep bangs looking cool and fresh as the weather heats up.

1

Go bold

It's been a little while since Girl With the Dragon Tattoo hit theatres, but Rooney Mara's hair is just beginning to take off as a trend (as witnessed by all of the blunt cut bangs in last month's runway shows). Let's be honest, though; a major part of the appeal is her attitude. "The best way to pull off a really cool fringe like Rooney Mara's is to have that effortless confidence. I'm seeing a lot of different fringe styles right now — straight, wavy, long, short, super short — but it's all about figuring out which look works best for you and owning it."

2

Pick your products wisely

Yes, you want your hair to look great, but you don't want to cause forehead breakouts under there. "Always go for a product that is lightweight and that will protect your hair against heat and humidity. Something like Bumble and Bumble Straight Blow Dry cream will work best. And maybe add a light holding spray at the end," Ruggiero adds.

3

Behold, the look that started it all: Rooney Mara's razor-sharp, super-cropped bangs. GETTY IMAGES

Maximize one cut

Turn the most annoying part about wearing bangs — the fast grow-out — into an opportunity to play around with your 'do.

"Cut your fringe really short and then let it grow out getting a trim every four to six weeks," he says. That way you can go super short one week, and longer and side-swept the next.

Three to compare

Short

Alexa Chung

Alexa's bangs aren't quite as blunt as Mara's, making for a more natural, undone look.

Longer

Jennifer Lawrence

Jennifer Lawrence's beachy fringe has that, "I've just come back from an island holiday," thing happening.

Longest

Rihanna

Rihanna nails the between-haircuts-sideswept 'do.

Hair products to keep your fringe under control

Bumble and Bumble

Straight Blow Dry

$28, bumbleand bumble.com

Oribe

Imperméable Anti-Humidity Spray

$38, oribe.com

Frederic Fekkai

Smooth Sailing Anti-Frizz Cream

$25, fekkai.com

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NOTMYSELFTODAY.CA

Show me to the shoes, bring me to the bags

Fashion editor finds.
Check out what style connoisseurs have on the very top of must-buy lists this spring

THE KIT
thekit.ca

A-List Update

Known for footwear you can rely on, Rockport asked celebrity stylist Annabel Tollman to dial up their spring collection. "Rockport's ability to make style comfortable and create great-looking heels that I can wear all day is what drew me into them," says Tollman.

Her clients include Scarlett Johansson, Liv Tyler and Mary-Kate and Ashley Olsen. Rockport Janae leather buckled bootie, $200, and Janae Dorsay leather ankle strap $140, rockport.com

Swish Sneakers

Looking for walking shoes with a little more luxe than your average sports store can deliver? Chanel's Spring 2012 sneakers in classic beige and black will elevate jeans and a T-shirt beyond errand-running attire. Chanel canvas and leather sneakers, $630, chanel.ca

Longchamp Loves Coco

Our favourite Canadian model Coco Rocha is the face for French handbag maker Longchamp's Spring 2012 handbag campaign. Rocha is dragged through the brick-lined streets of New York by a rambunctious Weimaraner, looking chic with Longchamp's new spring select: a lizard-printed hobo-shaped handbag. Perfect for walking the dog, running daytime errands and a night on the town. Balzane Iguane lizard-printed hobo bag, $1,300, longchamp.com

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@Jeanne_Beker: Going to my first baseball game of the season! Always inspired by stylish sports fans. How do YOU dress for a ballgame??

@onemarathon
in platform shoes and a tom ford cape of course. What else would anyone wear?

@Jeanne_Beker Oh the vision you conjure up! Would so adore running into you at the hot dog stand...

@bwilso42
Jeans, TOMS, classic white T-shirt and my Jays Hat from the last time they won the world series.

@Jeanne_Beker Direct and to the point! Sounds like perfection. But it's chilly tonight. A windbreaker peut etre??

@MAHADEV_108
ballcap, cargos, chucks converse and a white tee.

@Jeanne_Beker Love it. But might need a jacket. These spring nights are still chilly....

@djmckimm
ballcap, cargos, chucks converse and a white tee.

@Jeanne_Beker Too cute! Something pretty "base-ic" right?

@Jeanne_Beker: Go Jays!!!

@Jeanne_Beker: Happy Baseball Birthday, Bekky! @qualityslippers Rocking out at the Sky Dome!

How to tie the prom look together

Prom must.
Colour co-ordinating his tie with her dress

It's a prom must-have, right up there with the dress and shoes: The guy's tie must match the girl's gown. And many teens today use cellphones to aid the colour co-ordination.

Kourtney Ziercher took a picture of her dress in the store to send to her date, Michael George, for her prom last year at Barat Academy in Chesterfield, Mo.

"I told him it was burnt orange, and he got the tie to match," she said.

"She knew that it was not a typical colour, but the tie I got even had a little design on it that matched the design on the dress," Michael said, referring to a light tiger stripe print on the fabric.

"She was really excited about it. The girl's dress is a big deal. If the outfit doesn't go perfectly, if the guy isn't matching, it's a problem. I made sure it worked."

In Fort Collins, Colo., Amy Weintraub sent a picture of her chocolate brown dress to her date, Luke Siddens, and he used the image to get a matching tie and vest for their prom last week at Poudre High School.

"I didn't realize he wanted to match me," Amy said. "He just kind of decided that on his own. It was a little lighter than the dress, but it matched pretty well."

But with so many dresses store-bought these days, and with cellphone photos sometimes producing unreliable hues, stores often provide physical swatches to assist in colourco-ordination. David's Bridal, which expects to sell 110,000 prom dresses this year in 300 stores, sells fabric swatches for $1 with dress purchases.

Sarah LaRue, a senior at Sheldon High School in Eugene, Ore., picked out a dress at the local David's Bridal and was happy to have the fabric scrap to give her date. "It's a turquoise blue, and with that dress, you need the exact colour to match it," she said. "If it was even a little bit off, it wouldn't look right."

THE ASSOCIATED PRESS

Recycling style

For homemade dresses, ties can always be made from leftover fabric.

- For a 2010 prom at her school in Castlegar, B.C., Arielle Roberts made her dress with the help of a grandmother and aunt. Her date's mom sewed a matching tie "when the green bow-tie and cummerbund she'd ordered for him weren't quite the right shade," she said.

Luke Siddens, left, used a cellphone photo of his prom date's dress to make sure his tie was a matching shade of brown. PATRICIA WEINTRAUB/THE ASSOCIATED PRESS

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From hotel to home decor design tips

Lap of luxury. Create a European, romantic-style bedroom inspired from Manhattan's NoMad hotel

DESIGN CENTRE
Karl Lohnes
home@metronews.ca

These days, you'd be hard-pressed to find newly designed hotels fashioned to please the traditionalist at heart; most are clean-lined, square edged and look somewhat cookie-cutter with their modern dark wood furnishings and pale blue fabrics.

Enter the NoMad Hotel that opened earlier this month in New York City's NoMad neighborhood (north of Madison Square Park) at Broadway and 28th streets. The 168-room hotel is housed in a turn of the century restored Beaux-Arts building with Interiors by French designer Jacques Garcia.

Details I love

The walls and drapes are crisp white and the window panes are highlighted with a punch of black shiny paint.

The artwork is all original and arranged as if is has been collected over the years.

The lighting is all made to look turn of the century, but purposed for today's lifestyle.

GOT A DESIGN DILEMMA? EMAIL YOUR QUESTION AND A PHOTO TO HOME@METRONEWS.CA. FOR DAILY DESIGN ADVICE, FOLLOW @KARLLOHNES ON TWITTER.

French charm

"The decor has lots of character. Rooms look like a poet's apartment in the heart of Paris, with an eclectic mix of rich materials like hand-knotted rugs, tapestries and silks."

Guest suites at Manhattan's NoMad Hotel replicate a French poet's residence from the 1920s, but with modern conveniences. NOMADHOTEL.COM

Peacock Medallion tapestry makes a cosy throw, $39. URBANOUTFITTERS.COM

Devon Campaign bedside table, $374 POTTERYBARN.COM

Metropole chair, $2,500
CRATEANDBARREL.CA

Kitchen reno on a budget

Kitchen DIY. It's amazing what a little paint and some new door knobs can do

There is something truly satisfying about seeing your home's value rise as a result of your own hard work. And with that in mind, Kitchen Crashers offers you tips for ideas on how to transform your cooking and entertaining oasis — and maybe even raise the value of your home while you're at it.

Resurface

Consider saving money by resurfacing kitchen cabinets instead of completely replacing them. There are many different ways to update cabinets, including refinishing or painting cabinet and drawer fronts, or installing new wood or laminate veneer on top of them. New hardware, such as hinges and knobs, can also help complete the upgrade, and cabinet interiors can be sanded, stained or painted to finish the transformation.

Lighting

The right lighting can dramatically change the look of a kitchen. By adding more light, your kitchen will immediately appear bigger and brighter. Consider incorporating lighting layers such as task lighting, general room lighting and accents. Under-cabinet lighting is an example of task lighting because it focuses light on the work area. It is a simple way to add additional lighting while maximizing space, and provides cooks with additional light to work by. Accent lighting, such as picture and inside cabinet lighting, can add some interesting and fun touches.

Paint

Applying a fresh coat of paint to your walls will make surrounding countertops and cabinets pop! Choosing the colour will depend on the overall look you are after, such as a relaxing taupe or an energizing red. Start by choosing a range of colours and then narrow them down to two or three options. By applying colour choices to canvas boards, you can easily move samples around the room and examine them in different lights and at different times of the day to see which ones are your ultimate favourites.

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Keep it simple

Focus on simple and inexpensive modern touches such as recessed lighting, new plumbing features and updated countertops or flooring.

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Vintage isn't the only way to capture the Mad Men era

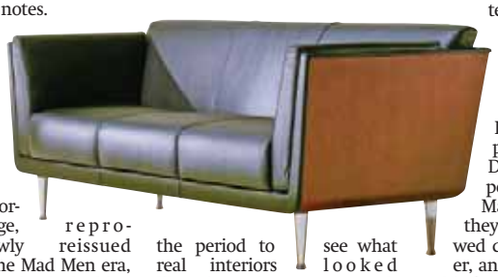
1960s style. Some tips on recreating retro style from the set decorators of the hit series

Now that another season of Mad Men is taking us back to the 1960s, lovers of mid-century modern style are eyeing the sets for inspiration.

Luckily, the popularity of both the AMC show and the design style makes it easy to find furniture that sets the stage.

The retro decor complements many of today's furnishings — something to remember when you're trying to capture that '60s vibe, says Anthony Larosa, former furniture design department chair at Savannah College of Art and Design. He cautions against going all-in on the vintage look, even if you love it.

"People would have had a mix of furniture in their homes," he notes. "We get attached to things; we take them with us when we move and redecorate."



If you're keen to incorporate vintage, reproduction or newly reissued pieces from the Mad Men era, he suggests starting by looking at books and magazines from the period to see what real interiors looked like. That's the approach the show's set production team took.

Living room furniture

Mad Men's set decorator, Claudette Didul, says she and production designer Dan Bishop are especially proud of the Manhattan apartment they created for newlywed characters Don Draper, an ad agency exec, and his former secretary, Megan Calvet.

The split-level, open-plan living room was initially envisioned by show creator Matthew Weiner, but it was up to the production team to make the space cool, livable and able to accommodate shoot requirements.

Lighting

In period TV shows, light fixtures are essential in delivering the right look. On Mad Men, they're practically characters in themselves. Tall, slender wood, colourful opaque glass, gleaming metal — every set's personality is punctuated by one or two statement lamps.

Didul says the production team favoured vintage lampshades despite their fragility.

Art

- Most of the modern art on Mad Men isn't actually vintage. Didul has found great pieces at rental galleries such as Art Pic in Los Angeles, and through artist friends.
- The dramatic dot graphic in the show's ad agency office was created by the art department under Bishop's guidance. The piece echoes the work of English Op Art proponent Bridget Riley. Similar posters are at zazzle.com.
- You can find reproduced examples of one of that era's most prolific designers, George Nelson, known for sunburst, asterisk, polygon and ball wall clocks (Polygon clock, $590 at wayfair.com).

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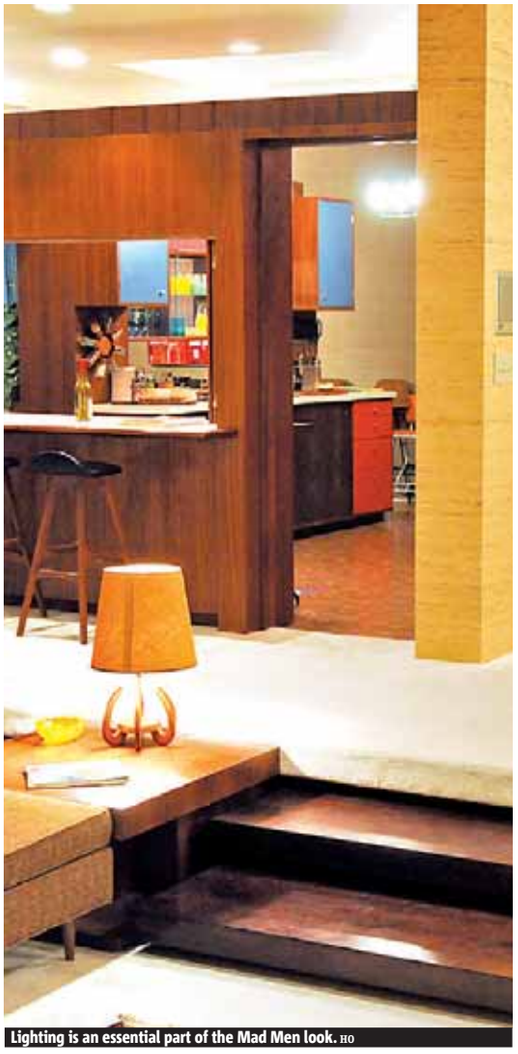

Lighting is an essential part of the Mad Men look. HO

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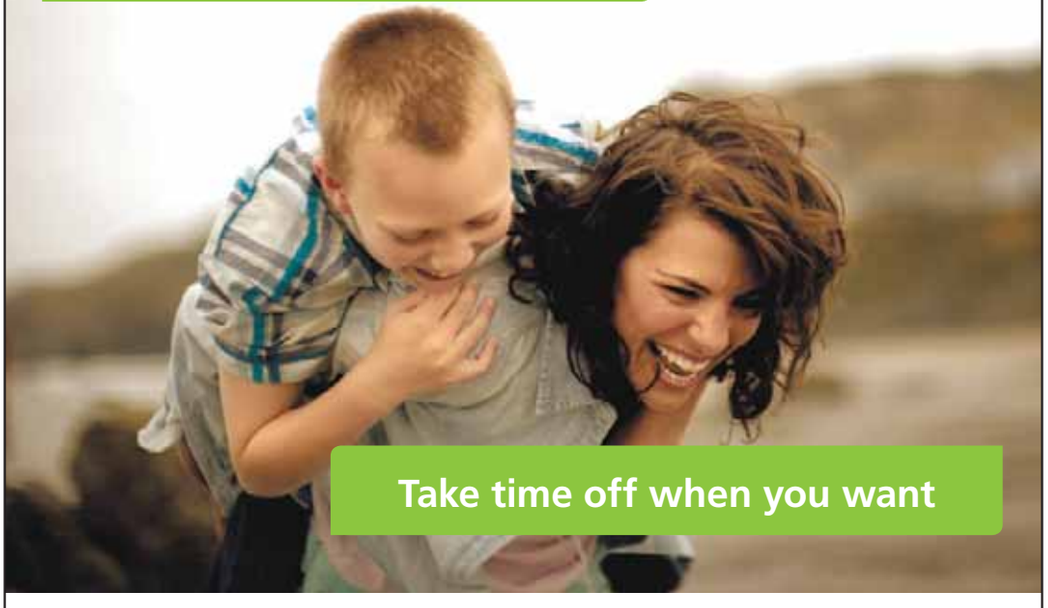

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Cheap and cheerful

Butterfly gardening can be budget-friendly

- **Flowers.** Don't overlook smaller, less costly nectar-producing flowers that will entice tiny but attractive butterflies.
- **Plants.** Choose plants native to the region. They're most beneficial to the environment and require less maintenance.
- **Sunshine.** Butterflies like to bask in the sun, so putting out flat rocks near feeding spots can provide a perfect place for them to rest.
- **Puddling station.** While butterflies can get most of the moisture they need from feeding, many like to gather around puddles and wet places. You can offer a "puddling station" by creating a damp area covered with sand.

A Hylephila phyleus butterfly. NATHAN BROCKMAN/THE ASSOCIATED PRESS

Spring into bloom with beautiful butterflies

Your backyard. Even if your garden offers just a few butterfly-friendly blooms, it can help the insect's population

For a spring project that can get your family working and learning together — and also help some beautiful insects — try a backyard butterfly garden.

With just a little planning, you can create an attractive and welcoming habitat for butterflies through the warm weather months, says Rick Mikula, author of The Family Butterfly Book (Storey Publishing, 2000).

The biggest problem facing butterflies is destruction of habitat, Mikula says. Even if your garden offers just a few butterfly-friendly blooms in pots or containers, it can help the insect's population – and improve the look of your living space.

"Any offering for butterflies in a garden, no matter how small, is like chicken soup for a cold," he says. "It can't hurt."

The choice of nectar-producing plants on which butterflies feed varies by region. But wherever you are, Mikula says, your options don't have to be fancy. Simple flowers such as varieties of Echinacea, daisies, asters and even some violets can serve as butterfly-friendly snacking spots. Non-invasive milkweeds can be especially appetizing to migrating butterflies, without taking over your yard.

"Even one or two plants like that are going to be great because when the butterflies are moving, there's a place for them to stop," says Mikula, who lives in Hazelton, Penn.

You can start your research with books such as Mikula's, or checking out online resources. Try bugguide.net or butterfliesandmoths.org, recommends Nathan Brockman, curator of the Christina Reiman Butterfly Wing of Reiman Gardens at Iowa State University, in Ames. Some garden-supply retailers, such as Lowe's Home Improvement stores, offer online and in-store advice as well.

There are some concessions you may need to make if you plan to entice butterflies into your yard, Brockman says.

One is understanding that caterpillars, the butterflies' offspring, are going to eat host plants, including some herbs and vegetables you may have planned to serve at your own dinner table. Plant extra, and remember you'll be rewarded for the sacrifice when caterpillars turn into fluttering butterflies.

Also, be prepared to give up the use of pesticides on vegetable gardens or lawns.

"Don't use any at all if you are truly gardening for butterflies," Brockman says.

Mikula's tip is to soak tomato leaves overnight in water, then strain and spray the solution onto plants as an effective and organic pesticide that won't harm butterflies.

THE ASSOCIATED PRESS

A Phyciodes tharos butterfly. NATHAN BROCKMAN/THE ASSOCIATED PRESS

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Get the sweetest results every time with homemade treats

Maple Carrot Cakelets with Cream-Cheese-Maple Frosting

This recipe makes 12 cakelets. EMILY RICHARDS

DINNER EXPRESS
Emily Richards
food@metronews.ca

For an added bit of sweetness in these cakelets, use a wooden spoon handle to make a small hole in the centre of each one and fill it with some icing before spreading the top with icing.

1. In bowl, whisk flour, baking powder, cinnamon, nutmeg and baking soda; set aside.

2. In bowl, whisk maple syrup, sugar, eggs, butter and vanilla until smooth. Stir flour mix into maple syrup mix and stir to combine. Stir in carrots.

3. Scoop batter into 12 greased or lined muffin tins. Bake in centre of 350 F (180 C) oven for about 25 minutes or until cake tester inserted in centre comes out clean. Let cool completely.

4. Cream-Cheese-Maple Frosting: In bowl, beat cream cheese and maple syrup. Gradually add icing sugar and beat until fluffy and smooth. Spread each cakelet with frosting and sprinkle with sprinkles if desired.

EMILY RICHARDS, PROFESSIONAL HOME ECONOMIST, COOKBOOK AUTHOR AND TV CELEBRITY CHEF. FOR MORE, VISIT EMILYRICHARDSCOOKS.CA

Ingredients

- 2 cups (500 mL) flour
- 2 tsp (10 mL) baking powder
- 1 tsp (5 mL) cinnamon
- ½ tsp (2 mL) ground nutmeg
- ¼ tsp (1 mL) baking soda
- ¾ cup (175 mL) pure maple syrup
- ½ cup (125 mL) brown sugar
- 2 eggs
- ½ cup (125 mL) butter, melted
- ½ tsp (2 mL) vanilla extract
- 1 ½ cups (375 mL) grated raw carrots

Cream-Cheese-Maple Frosting

- 4 oz (125 g) light cream cheese
- 2 tbsp (25 mL) pure maple syrup
- 1 1/3 cups (325 mL) icing sugar

Cookbook of the Week

The Back In the Day Bakery Cookbook

Back in the Day Bakery is a Savannah, Ga., landmark. To celebrate its 10th anniversary, owners Cheryl and Griff Day have written a book filled with customers' favourites.

The book is packed with the couple's baking know-how and recipes for their Buttermilk Biscones, Old Fashioned Cupcakes, Chocolate Bread, Cinnamon Sticky Buns, S'more Pie, Drunk Blondies and more.

Full-colour photos of food and behind-the-scenes bakery shots give readers a glimpse into the sweet daily life at the bakeshop. METRO

Make drool-worthy popovers

This simple pastry — they resemble large, inflated muffins, but are hollow — comes together in almost no time and calls for just a handful of ingredients.

Even better, the batter can be made the night ahead. And because they're not too sweet, they'll work as breakfast treats as well.

1. Heat oven to 200 C (400 F). Coat a 1.5-l (6-cup) popover pan with cooking spray.

2. In blender, combine flour, milk, eggs, butter, sugar, salt and cardamom. Blend until very smooth batter is created, about 1 minute. Fill each prepared popover pan cup about halfway with batter. The remainder can be baked as a second batch or refrigerated for up to 24 hours.

3. Bake 30 mins. Remove popovers from pan and use knife to cut small hole in top of each for steam to escape. Let cool.

4. Filling: In bowl, gently stir mascarpone, honey, lemon juice and zest, and cinnamon. When popovers have cooled enough to handle, carefully tear opening in each just enough to be able to spoon in about 50 ml (1/4 cup) of the filling. Serve each with sliced strawberries or other fresh berries. THE ASSOCIATED PRESS/ADAPTED BY EMILY RICHARDS (EMILYRICHARDSCOOKS.CA)

Ingredients

Popovers

- 500 ml (2 cups) all-purpose flour
- 500 ml (2 cups) milk
- 4 large eggs
- 30 ml (2 tbsp) butter, melted
- 15 ml (1 tbsp) sugar
- 5 ml (1 tsp) salt
- 2 ml (1/2 tsp) ground cardamom

Filling

- 2 tubs (each 250 g/8 oz) mascarpone
- 30 ml (2 tbsp) honey
- Juice and zest of 1 lemon
- 10 ml (2 tsp) cinnamon
- Sliced strawberries or other fresh berries, to serve

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– George H.

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– Elizabeth H.

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4 SPORTS

CFL

All scoring plays subject to video review

The CFL announced Wednesday that the league's board of governors has unanimously approved a rule change that will see all scoring plays subject to video review. Replay officials will now have the power to review all touchdowns, field goals, converts, singles and safeties. The CFL has used video review for the last six seasons. The board of governors also approved two rules that specifically address the safety of players whose helmets come off during play. THE CANADIAN PRESS

On the web

The Indianapolis Colts say they know who they'll select at No. 1 in the NFL draft and it will almost certainly be Peyton Manning's successor. But which top QB they'll take with the pivotal pick remains a closely guarded Colts secret. Scan the code for the story.

Canucks back on track, avoiding elimination

NHL. Vancouver fights back to extend its series with Los Angeles

Henrik Sedin scores a goal for a 3-1 lead past goaltender Jonathan Quick and Willie Mitchell Wednesday in Los Angeles. HARRY HOW/GETTY IMAGES

Cory Schneider made 43 saves and stopped Dustin Brown's penalty shot in his first career playoff victory, Daniel Sedin sparked Vancouver's power play in his return from injury, and the top-seeded Canucks avoided an embarrassing first-round sweep with a 3-1 victory over the Los Angeles Kings in Game 4 on Wednesday night.

Kevin Bieksa scored the go-ahead goal, and Alex Edler and captain Henrik Sedin scored the first two power-play goals of the series for the Canucks, who emphatically avoided becoming the first Presidents' Trophy-winning team in the post-expansion era to get swept out of the first round.

Anze Kopitar scored a first-period goal, and Jonathan Quick stopped 27 shots for the eighth-seeded Kings, who couldn't capitalize on their first chance to close out their first playoff series victory since 2001. Brown had a chance to tie it with 14:37 to play, but Schneider wasn't fooled by the Los Angeles captain's multiple moves.

Game 5 is Sunday in Vancouver.

With their backs against the Staples Center glass, the Canucks got a boost from leading goal-scorer Daniel Sedin, who returned from a 12-game absence because of a concussion and contributed an assist to a power play that went 0 for 14 in the first three games.

The defending Western Conference champions coolly overcame a second-period deficit with three straight goals to back Schneider, who outplayed Quick, Los Angeles' all-star goalie. Schneider made his second straight start for the Canucks in place of Roberto Luongo, who lost twice in Vancouver.

Schneider had no trouble stopping the penalty shot from Brown, who had four goals in the first three games. Sedin then scored his second goal in 27 games just 22 seconds later.

Los Angeles has lost six of its last seven home playoff games dating to 2010. Despite winning 1-0 in Game 3, the Kings managed just two goals in their two home games against Vancouver with a power play that went 0 for 11.

Game 4

Canucks	Kings
3	1

The Kings still must overcome their unimpressive history after taking the first 3-0 playoff series lead in franchise history. Los Angeles has won just one playoff series since Wayne Gretzky skated in the Forum in 1993.

The Kings came out with obvious energy from their sell-out crowd, and Kopitar needed just 13 minutes to put them ahead. He broke free in Vancouver's zone when Mason Raymond badly missed a check, and Kopitar's wrist shot beat Schneider's glove for the first goal of the post-season for Los Angeles' leading scorer.

Vancouver evened it in the second period when the Kings' Colin Fraser took a needless penalty in the offensive zone. Edler's long shot from the point slipped through Quick, who stopped 111 of 115 shots in the first three games.

Bieksa put the Canucks ahead 4-1/2 minutes later with a long shot from the point after Los Angeles' Mike Richards turned over the puck.

Vancouver hadn't led in the series since the first period of Game 1.

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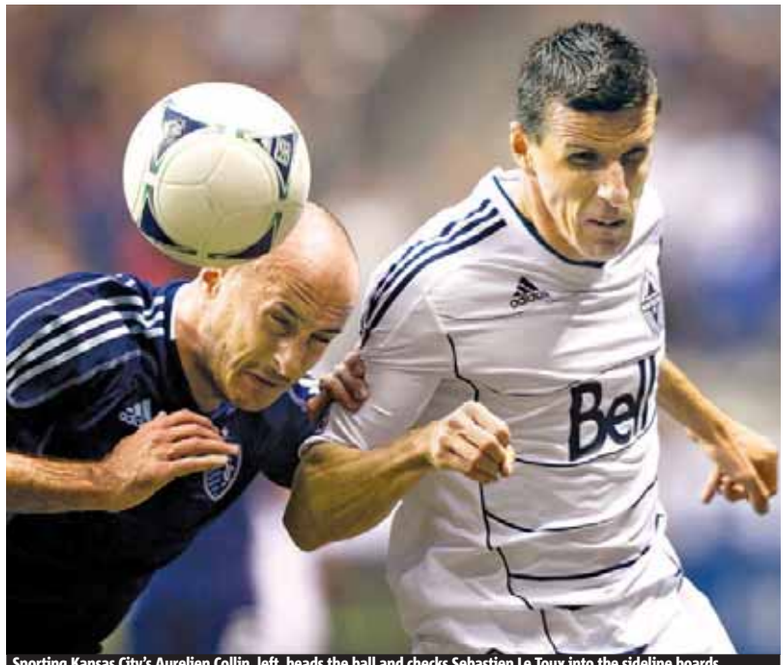


Sporting Kansas City's Aurelien Collin, left, heads the ball and checks Sebastien Le Toux into the sideline boards Wednesday in Vancouver. DARRYL DYCK/THE CANADIAN PRESS

KC defender scores twice on Whitecaps

MLS. Sporting scores three before Le Toux's consolation goal

Aurelien Collin scored two goals as Sporting Kansas City posted a 3-1 Major League Soccer victory over the Vancouver Whitecaps on Wednesday night.

Collin, a defender known for his off-field flamboyance, scored both his goals after moving up on a pair of set pieces — a corner kick in the 24th minute and a throw-in in the 51st minute.

Kei Kamara also scored in the 65th minute as Kansas City remained unbeaten with seven wins, all in regulation.

This marks the first time since 1996 that a team has started the season with seven wins without going into extra time. The Los Angeles Galaxy started with eight straight regulation wins that year.

Sebastien Le Toux spoiled Jimmy Nielsen's shutout bid in the 80th minute. It was only the second goal that Kansas City has allowed this season.

There was no lack of excitement as Nielsen made several stellar saves to hand the Whitecaps their second straight loss.

Vancouver striker Eric Hassli received a yellow card in the sixth minute for a hard tackle on Kamara near midfield. Kamara curled into a ball on the turf, holding his shin and writhing in pain for a couple of minutes. Shortly after Hassli got the yellow Kamara went off, started jumping up and down, and quickly returned, drawing jeers from the crowd.

Collin was cautioned in the 18th minute as he pushed Le Toux into a sideline advertising sign. The Kansas City defender made up for his miscue six minutes later as he put the visitors ahead 1-0.

Down 2-0, Whitecaps coach Martin Rennie tried to inject some offence by subbing Brazilian striker Camilo in for midfielder Thorrington in the 60th minute. Vancouver was hoping to reproduce the magic that Camilo showed last season by scoring two goals in added time as the Caps rallied from a 3-0 deficit to tie Sporting last spring.

The extra Whitecaps player up front did not pay the necessary quick dividends. Kamara gave Kansas City a 3-0 lead five minutes later as he kicked in a Chance Myers pass after initially passing it to him. It was Kamara's fourth goal of the season.

Le Toux put Vancouver on the scoreboard with 10 official minutes left. After a Camilo header from second-half sub Omar Salgado's cross rebounded the bar, Le Toux, standing in front of two defenders, headed the ball past Nielsen from the goal-line.

THE CANADIAN PRESS

Attendance

15,382

Many fans appeared to stay home to watch the Vancouver Canucks on television in a potentially season-ending Stanley Cup playoff game in Los Angeles. The crowd of 15,382 was smaller than average.

NHL

Turris scores in OT for Senators

Kyle Turris scored at 2:42 of overtime to give the Ottawa Senators a 3-2 victory over the New York Rangers Wednesday night.

The Senators tied their Eastern Conference quarter-final series 2-2. Game 5 is Saturday in New York.

"I've just lived every kid's Stanley Cup dream," Turris said.

Milan Michalek and Sergei Gonchar also scored for the Senators. Craig Anderson stopped 31 shots.

THE CANADIAN PRESS

Turris celebrates his game-winning goal.

SEAN KILPATRICK/THE CANADIAN PRESS

Don't call him the Waterboy

UFC. B.C.'s Rory MacDonald is grown up, getting used to life on the big stage

MATT KIELTYKA
matt.kieltyka@metronews.ca

These days, Rory MacDonald calls himself Ares.

As the Kelowna native describes it, it's more of a stage name, a persona he adopts each time he steps into an Ultimate Fighting Championship octagon.

"People that know me know I'm friendly and quiet," MacDonald says, noting the contrast between his off-stage self and the Greek god of war. "But I take it seriously when I fight. The headspace I'm in is that I'm going to war. I'm willing to die in there."

After impressive bounce-back wins against Nate Diaz and Mike Pyle last year, the 22-year-old (sporting a 12-1 record) goes into Saturday's UFC 145 co-main event against Che Mills having fully earned the right to shed his old "Waterboy" nickname.

"I never really liked people calling me that," he says. "It was given to me by friends, they made a joke out of it. It's more of a personality thing. I felt like changing it to something that's more of a stage name."

Ares works much better.

But two years ago the hot prospect's rise in the UFC seemed to have more in common with another figure in Greek mythology: Icarus, who flew too close to the sun and came crashing down to earth.

Quoted

"You're going to see a whole new fighter."

UFC fighter Rory MacDonald on his growth since his loss two years ago in Vancouver at UFC 115.

At the tender age of 20, and with only a single fight under his UFC belt, MacDonald was thrust into the spotlight in a way he could never have imagined.

Here was an undefeated hometown kid — touted as a future champion in the division — making his main-event debut in front of a sold-out Vancouver crowd at UFC 115 in 2010 against former WEC champ Carlos Condit.

The young fighter played it cool at the time and tried to cope with the overwhelming media attention and electric crowd.

Suddenly he was a star.

But it was a case of too much, too soon.

"I got no attention from the first fight. This was different. The crowd was crazy, it was zero to 100 and I didn't have any adjustment to it."

The spectacle of the event, hometown pressure, nerves and a lack of experience all conspired against MacDonald.

He put up a raw and courageous bout against Condit for two rounds before being severely beaten throughout the third until the referee mercifully interjected.

Fight-of-the-night honours were little consolation for MacDonald, who now admits being thrown onto the big stage in such a dramatic fashion was a jarring setback.

"It was an exciting time but it came too fast in my career," he says. "My skills obviously weren't high enough. I fought very poorly the whole fight, not just in the third round."

After the defeat, MacDonald left his friends and family in Kelowna behind to continue his development at Georges St-Pierre's Tristar gym in Montreal.

"I plateaued. I needed a new outlook on martial arts itself," he says. "I've learned so much since and have grown so much (since UFC in Vancouver)."

Although he now considers Montreal home, his heart remains in British Columbia.

"I've settled in but Montreal is not as much (a home) as B.C.," he says. "I miss my family, I'm very close to them. I miss the weather, I miss the girls, I miss my best friends."

The one thing he doesn't miss is the Waterboy, that young, exciting fighter prone to making too many technical mistakes in the heat of battle.

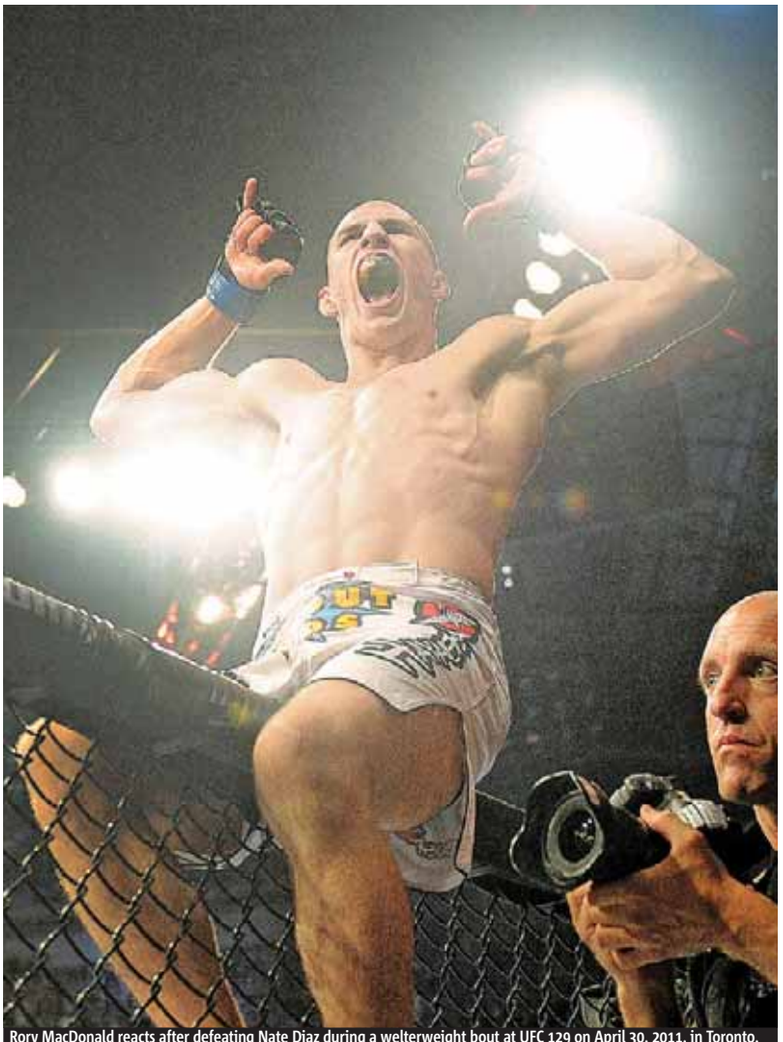
Two years later, MacDonald says a second fight with Condit (who has since laid waste to the division en route to an interim title and a showdown with St-Pierre) would look much different. More technical, more intelligent and more mature, MacDonald says he's grown into a man.

He's even getting used to life in the spotlight as a professional athlete.

"I'm much more comfortable with it now. I'm at the level now where I will be on main cards and fighting for a title so I had to adjust," he says.

Ares is ready to turn myth into reality.

MacDonald will stand toe-to-toe with Mills this Saturday at UFC 145: Jones vs. Evans in Atlanta.



Rory MacDonald reacts after defeating Nate Diaz during a welterweight bout at UFC 129 on April 30, 2011, in Toronto.
NATHAN DENETTE/THE CANADIAN PRESS

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BAD
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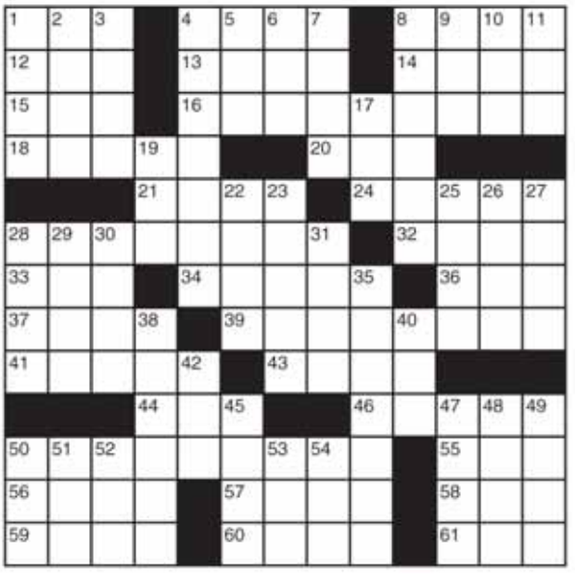
Crossword

Across

1 Upper limit
4 Little demons
8 Be in charge of
12 Coloration
13 Appearance
14 Shrek, for one
15 Refuge craft
16 Erich Segal novel
18 Hymn of praise
20 Bankroll
21 Nuisance
24 Veranda
28 Furniture for two
32 Mediterranean strip
33 — out a living
34 Dieter's entree
36 Forefront
37 Broadcasts
39 Small parrot
41 Skewered meal
43 Pleasant
44 To and —
46 Jockey's handful
50 Tomato
55 Siesta
56 Satan's field
57 Genealogy chart
58 Bookkeeper (Abbr.)
59 On the tainted side
60 Fax
61 Fix a cuff

Down

1 Bloke
2 Emanation
3 Lap dog, for short
4 Doctor's concern
5 Cattle call?
6 Angle (Abbr.)
7 Distort
8 Frank
9 Id counterpart
10 Timetable abbr.
11 Susan of "L.A. Law"
17 Easy mark
19 Mimic
22 Caulk
23 Claw
25 Sitarist Shankar
26 Autocrat
27 Full house, e.g.
28 Secrecy thwarter
29 Tom Joad type
30 Hit or miss?
31 "Rikki-Tikki- —"
35 Issued a fiat
38 Without risk
40 Spell-down
42 Support system?
45 Makes a decision
47 Part of the foot?
48 Scruff
49 Unwanted e-mail
50 Journey segment



51 Eggs
52 Energy
53 Ante-
54 Writer Deighton

Sudoku

1					2	8	6	
	9			6		5	2	
2			1					3
				1			3	5
		7				9		
9	4			7				
4					6			9
	6	3		4			5	
	8	9	7					6

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's Sudoku

8	5	2	1	4	7	3	6	9
9	3	7	2	6	5	4	8	1
1	4	6	9	3	8	2	7	5
3	2	5	4	8	6	1	9	7
4	6	1	5	7	9	8	3	2
7	8	9	3	1	2	5	4	6
2	7	4	6	5	3	9	1	8
5	1	8	7	9	4	6	2	3
6	9	3	8	2	1	7	5	4

Yesterday's Crossword

Cryptoquip

How to play

This is a substitution cipher where one letter stands for another. Eg: If X equals O, it will equal O throughout the puzzle.

CKGBX ZJMRA Z WGCANU WNBXM QEM WYMQL RT AM JN Z QEGF-JZDW BZYTNDANY: "AEN KGFZYU MC LZQL."

Yesterday's Cryptoquip: IF THE KING OF HUMPBACKS HAD A MALE OFFSPRING, WOULD HE BE CALLED THE PRINCE OF WHALES?

Today's Cryptoquip Clue: O equals W

For today's crossword answers and for expanded horoscopes, go to metronews.ca

Today 12°/7° Rain 90%
Friday 11°/4° Partly cloudy
Know what the weather will be 14 days from now.
Check the 14 day trend.
TWN incorporates MSC data

Horoscope

Aries | March 21 - April 20. No matter how much of a hard time others give you today, you must not rise to the bait.

Taurus | April 21 - May 21. As the Sun moves into your birth sign today, your expectations are sure to be high but don't try to do everything at once.

Gemini | May 22 - June 20. You may find it difficult to take a certain person seriously but the planets indicate he or she has something important to teach you.

Cancer | June 21 - July 22. Speed is of the essence so don't waste time thinking about what you intend to do, just do it.

Leo | July 23 - Aug. 22. The Sun crosses the career angle of your chart, making you even more active and ambitious than usual.

Virgo | Aug. 23 - Sept. 22. You've been too intense, but now the Sun is moving into one of the more easygoing areas of your chart. You can start smiling again.

Libra | Sept. 23 - Oct. 22. Partners and loved ones will be rather demanding today and money worries may be a problem too.

Scorpio | Oct. 23 - Nov. 21. The Sun's move into your opposite sign may make it seem as if others have the upper hand but they don't. You're still the boss.

Sagittarius | Nov. 22 - Dec. 21. Assert your authority and make sure friends and rivals alike are aware that you are not going soft in your old age.

Capricorn | Dec. 22 - Jan 20. The Sun moves into the most dynamic area of your chart today and over the next four weeks you must go all out to realize your ambitions.

Aquarius | Jan. 21 - Feb 18. It doesn't matter what you start so long as you start something. A good place to begin would be your home.

Pisces | Feb. 19 - March 20. If what you're working on fails to inspire you then ditch it — and find your real passion. SALLY BROMPTON

Caption Contest

"Lift...lift..."
John

TRAVIS MORISSE, THE HUTCHINSON NEWS/ THE ASSOCIATED PRESS

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